



Chennai

February 2011  
News letter



vibrantly diverse, yet one.

**EXECUTIVE COMMITTEE 2010 - 2011  
MANAGING COMMITTEE**

<b>PRESIDENTS</b>		
Mridula Srinivasan	24321028	9840931812
Uma Ganesan	24472682	9940652588
<b>VICE PRESIDENTS</b>		
Prithika Chary	24997878/2310	9840038752
Jansi Kishore	24961145	9841589896
<b>SECRETARIES</b>		
Zainab Kachwalla	28292274	9840853652
Jennifer Moore	9940065292	9840892782
<b>TREASURERS</b>		
Archana Melyappan	28473932	9840998800
Manisha Singhee	24991482	9841035003

**ACTIVITY CHAIRPERSONS**

<b>ARTS &amp; HANDICRAFTS</b>		
Nita Reddy	24990717	9962530717
Karen Krizman (Saurer)	42112251	9789027090
<b>BOOK DISCUSSION</b>		
Gayatri Krishnaswami	28331789	9444383455
Janet Haughton Quarshie	24512401	9884187719
<b>COOKING SWAPSHOP</b>		
Somna Sachdev	28330232/ 45040001	9841022922
Juliet Meikle	24531426	9566260268
<b>CURRENT EVENTS</b>		
E. Rajeshwari Sathyanarayana	26211934	9443946789
Shanta Narayan	24421707	9840040486
<b>HEALTH &amp; ECOLOGY</b>		
Deepali Goyal	24313144	9840442260
Bess Simkin	24333565	9791172021
<b>HISTORY, CULTURE &amp; TOURS</b>		
Neena Sanghavi	28362313	9381029132
Sue Cook		9677020407
<b>MUSIC &amp; PERFORMING ARTS</b>		
Asha Rammohan	28332006/ 28330858	9840039958
Ann Mathew	2449 4847	9840025169
<b>PHILOSOPHY &amp; RELIGION</b>		
Usha Jawahar	26412688	9841025166
Reena Nirula	24961031	9884027722

**IWA NEWSLETTER**

Volume XXV No.9

Chennai

**FEBRUARY 2011**

**MONTH AT A GLANCE**

Tue. 1st Feb.	Managing Committee Meeting	10.00 a.m.
	Executive Committee Meeting	11.00 a.m.
Tue. 8th Feb.	Music and Performing Arts <i>Violin Virtuoso</i>	4.00 p.m.
Wed. 9th Feb.	Arts & Handicrafts <i>Antiques - An Insight</i>	10.15 a.m.
Thu. 10th Feb.	Health & Ecology/ Cooking Swapshop <i>A morning of Transformation - Experience Yoga Nidra and Yogic Diet</i>	10.15 a.m.
Mon. 14th Feb.	Current Events <i>Prescription for a clean India</i>	10.15 a.m.
Tue. 22nd Feb.	Philosophy & Religion <i>Character and Personality: Myths, Perceptions and Reality</i>	10.15 a.m.
Thu. 24th Feb.	Book Discussion <i>The Pleasure Seekers</i>	10.15 a.m.

IWA Blog Site : [www.iwachennai.blogspot.com](http://www.iwachennai.blogspot.com)

## FROM THE PRESIDENTS

Dear Friends,

We hope that our members have enjoyed the Chennai "season". Many of us have met at the various sabhas, and listened to some great music, some spectacular dance performances, in particular by the senior 'greats'! "Charishnu" a dance presentation at Kalakshetra was simply splendid!

We are now back at work to make sure that the final stretch before we hand over the reins of IWA to the next committee, is full of interesting meetings and get togethers. Our committee chairpersons have been planning their calendars for the coming weeks. We do encourage all of you to check your attendance and to make sure that your attendance is adequate. Please do remember that this IWA calendar year ends on March 31<sup>st</sup>, 2011. Those short of attendance have been notified by the Membership Secretary.

Please advise by email or write in to the Vice-Presidents if you wish any corrections/updates to be made in the existing telephone directory. This has been advised in the last newsletter.

The IWA Bye-Laws are available for those interested in buying at Re.1/- per copy.

We wish Bon Voyage to all those going on the tour to Karnataka and Goa.

MRIDULA SRINIVASAN

UMA GANESAN



## MANAGING COMMITTEE

Tue. 1<sup>st</sup> Feb. at 10.00 a. m.

## EXECUTIVE COMMITTEE

Tue. 1<sup>st</sup> Feb. at 11.00 a. m.

Meetings hosted by  
Somna Sachdev  
Kryptos by Willi  
Khader Nawaz Khan Road  
Nungambakkam  
Chennai - 600 034

## FROM THE VICE PRESIDENTS

We apologize for the printer's error while formatting the pages of the January newsletter. In several places this had caused the surnames to jump a line.

PRITHIKA CHARY

JANSI KISHORE



## FROM THE TREASURERS

### INCOME AND EXPENDITURE STATEMENT

1st April '10 to 31st December 2010

	Amount
	Rs. ps.
<b>INCOME</b>	
Member Subscription	596000.00
New Membership	45000.00
Membership Contribution	65450.00
Savings Bank Interest/Fixed Deposit Interest	53416.00
Guest Charges	6250.00
Sale of Telebook and Bylaws	1980.00
Hostess Contribution	31623.00
<b>Total Income</b>	<b>799719.00</b>
<b>EXPENDITURE</b>	
AGM Expenses 2009-2010	77485.00
Accounting Charges	13500.00
Fellowship Morning	20607.50
Festive Splendour	8460.00
Meetings	97883.46
Founder's Day Celebration	76225.00
Postage and Courier	19916.00
Printing and Stationery	35923.00
Furniture and Fixtures	4930.00
Gift Articles	14400.00
Bank Charges	88.00
Christmas Celebration	51689.00
<b>Total Expenditure</b>	<b>421106.96</b>
<b>Excess of Income over Expenditure</b>	<b>378612.04</b>

### Funds Position as on 31st Dec. 2010

Opening Balance - 1st April 2010	383944.51
Add : Excess of Income Over Expenditure	378612.04
Less: Advance paid to Chairpersons	24000.00
<b>Closing Balance - 31st Dec. 2010</b>	
Bank - 7,29,413.31	
Cash - 9,143.24	738556.55
<b>Fixed Deposits</b>	
1287306000014/2	100000.00
1287303000572/2	424354.00
1287303300637/2	5515.00
<b>Total Fixed Deposits with Canara Bank</b>	<b>529869.00</b>

ARCHANA MEIYAPPAN

## ELECTION COMMITTEE

The Managing Committee has appointed the following members to serve on the Election Committee for the election of the IWA Office Bearers for 2011-2012:

**Chairperson:** Nirmal Mirza

**Members:** Seema Bhargava  
Mridula Narasimhan  
Padma Ashok  
Jaya Tambay-Patwardhan

## MUSIC AND PERFORMING ARTS

Tuesday, 8<sup>th</sup> February at 4.00 p.m.

At: Shrikanta Jhaver's  
'Jahver Niwas'  
21, Santhome High Road  
Mylapore, Chennai 600 028

### Violin Virtuoso

Viji Krishnan-Natarajan represents the seventh generation in a lineage of world class musicians from India. Recognized as a child prodigy, she has been performing since the age of nine, and is hailed as a "chip of the block", referring to her guru and father, one of India's foremost violinists Prof.T.N.Krishnan. Viji has been India's cultural ambassador in major music festivals around the world. Her unique bowing style combines Western techniques and produces a very rich tonal quality.

Viji is passionate about taking classical music to the masses and is constantly working on that endeavour.

We thank Shrikanta Jhaver for graciously hosting the meeting.

Please Note: This is an evening meeting

ASHA RAMMOHAN

ANN MATHEW



## ARTS & HANDICRAFTS

Wednesday, 9<sup>th</sup> February at 10.15 a.m.

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



### Antiques - An Insight

An antique ( Latin : antiquus - old ) is an old collectible item. It is an object that represents a previous era or time period in human society. It is common practice to define "antique" as applying to objects at least 100 years old. Antiques are usually objects which show some degree of craftsmanship, or a certain attention to design.

**Lily Vijayraghavan's** interest in art began at a very early age. Her grandfather being an authority on art and growing up in a household full of artifacts, passion for art was in her genes. Today she has an outstanding collection of traditional art and it is our privilege to hear her talk on a subject that she is so passionate about.

She will give us a few tips on how to choose antiques, maintaining them and valuation of art. Mrs Lily's talk should be an eye opener to the fact that traditional art still has a place in the eyes and minds of the art connoisseur.

Our sincere thanks to **Nabila Avais** for being the gracious hostess for this meeting.

**NITA REDDY**

**KAREN SAURER**

## COOKING SWAPSHOP HEALTH & ECOLOGY

Thursday, 10<sup>th</sup> February at 10.15 a.m.

At: **136.1 Yoga Studio**  
Basement-Ispahani Centre  
Nungambakkam High Road  
Chennai - 600 034



### A Morning of Transformation - Experience Yoga Nidra, Savour Yogic Diet

Yoga Nidra is a yogic and scientific technique for clearing deep seated tensions and stresses from not only the body and mind, but also the deep subconscious. Yoga Nidra is a secret of transformation. Through practice of Yoga Nidra, one achieves true relaxation. During the practice of yoga nidra, one appears to be sleeping, but the consciousness is functioning at the deeper level of awareness. With constant practice, people have found that the technique restructures and transforms the whole personality from within. It is a very powerful method for reshaping the personality. This morning we will go through a guided session of yoga nidra which involves meditating while lying down on the floor or sitting on a chair. Please come in suitable attire to be able to do so and avoid wearing jewellery/metal as you will be asked to take it off. After this will be a talk on yogic diet.

Yogic diet is that which is pure, clean and wholesome; that gives life, strength, energy, courage and self-determination. In other words, yogic diet gives us more than the gross physical requirements of the proper mix of proteins, carbs and fats etc. It also gives us the subtle nourishment necessary for vitality and consciousness. Food is seen as a carrier of the life force called prana



and is judged by the quality of its prana and by the effect it has on our consciousness. A yogic diet ideally follows a sattvic or pure food diet. It increases our physical and mental vitality making it easier to experience clarity, lightness and peace of mind. Savour some pure yogic diet entrees at the end of the session.

Our speakers are **Yashwant Saran**, director of Fitness One and founder of 136.1 Yoga Studio, certified yoga teacher from the Bihar School of Yoga and **Shantanu**, masters in Applied Yogic Science who has been teaching yoga at the Taj Group of Hotels and Tamil Nadu Cricket Association.

Come prepared to be transformed!

Please warn in with **Deepali (9840442260)** or **Somna (9841022922)** by sms or call between 11a.m. and 1p.m. on 8<sup>th</sup> or 9<sup>th</sup> February.

**Warn in meeting. Members only. Limit 50.**

**SOMNA SACHDEV  
DEEPALI GOYAL**

**JULIET MIEKLE  
BESS SIMKIN**

## CURRENT EVENTS

Monday, February 14<sup>th</sup> at 10.15 a.m.

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

### Prescription for a clean India

**N.Vittal**, an IAS officer, occupied key policy making positions in government, as Secretary to Government of India in the department Electronics (now renamed as the Ministry of Information Technology) from 1990-1996 and was the Chairman of the Telecom Commission and Secretary to the Department of Telecommunication from 1993-94.

The Business Today magazine, in August 1997, included him in the list of 50 persons who have made a contribution to the economic development of the country. In 1998, he was appointed as the Central Vigilance Commissioner, and in that capacity he was able to bring greater visibility, credibility and effectiveness to this organization. He is remembered for using information technology to fight corruption for the first time in the world.

N.Vittal is going to touch upon the very sensitive subject of Corruption. Just as a human body which is diseased requires a medical prescription, so does the present society which is steeped in corruption and scams. What is the Prescription for a Corruption free India?

**RAJESHWARI SATHYANARAYANA      SHANTA NARAYAN**



## PHILOSOPHY AND RELIGION

Tuesday, 22<sup>nd</sup> February at 10.15 a.m.

At: Pearl Room  
Presidency Club  
Ethiraj Salai  
Egmore, Chennai – 600 008



### Character and Personality: Myths, Perceptions and Reality

Strange that we walk with our character and personality as a second skin but seldom dwell on these with our internal microscope. Equipped more for the external world, how many of us at the end of the day, think about who we are? Are we that person as perceived by others? Or, are we really as we see ourselves? Or both? Who formulates our character and personality? At times, we see ourselves clearly and at other times, we are confused! Often, we swing between extremes of sudden happiness and unhappiness!

The question is: can we change the way we are? Do we want to change the way we are? How can this come about and to what purpose? There is an amazing body of knowledge within our reach to improve the quality of our lives and thought even further.

**Surekha Kothari**, an IWA member and a trained Hypnotherapist will speak about how our personalities develop and will share her knowledge on the past life links in our current lives which make us who we are. She will also be teaching some short, effective and powerful techniques for daily practice to alleviate stress and anxiety and achieve the maximum vibrancy. The techniques will include: - daily removal of negativity, self treatment of aches and pains and cleansing of chakras.

USHA JAWAHAR

REENA NIRUPAM

## HISTORY, CULTURE & TOURS

From February 22<sup>nd</sup> to March 2<sup>nd</sup>



### IWA Trip of Karnataka/Goa

IWA members are now planning a heritage trip for a spiritual and archaeological experience.

Members will first head to Bangalore to board a coach to visit Sravanabelagola, proceed to the twin towns of Halebeedu and Belur to visit the exquisite temples. After this they plan to go to Mudbidri and then on to Udipi.

From Udipi, the next stop would be Murudeshwara which is out to Goa to the IWA members with its beaches and the Shiva temple.

Next is a day's trip to Jog Falls to witness nature's headlong tumble of the Sharavati river.

Take a winding road to Gokarna a scenic delight with rocky mountains & the Western Ghats on one side and the Arabian Sea on the other.

Finally end the trip in Goa to explore fascinating churches, majestic beaches, scrumptious cuisine, before flying back to Chennai.

NEENA SANGHAVI

SUE COOK



## BOOK DISCUSSION

Thursday, 24th February at 10.15 a.m.

At: **The Presidency Club**

Ethiraj Salai

Egmore

Chennai 600 008



### **The Pleasure Seekers by Tishani Doshi**

**Tishani Doshi**, in conversation with **Parvathi Nayar**, will talk about her first novel, described as “a captivating, delightful novel” by Salman Rushdie. It captures the quirks and calamities of an unusual group of people in a story of identity, family, belonging and of all transcending love.

Tishani is a poet, journalist and dancer based in Chennai. She graduated with a Masters degree in creative writing from Johns Hopkins University, and received an Eric Gregory Award in 2001. Her first collection of poetry, *Countries of the Body*, won the Forward Poetry Prize for best first collection in 2006, and the opening poem *The Day We Went to the Sea*, won the All India Poetry Competition in 2005. *The Pleasure Seekers* was short listed for the Hindu Fiction Prize last year.

**Parvathi Nayar** is a visual artist and a freelance arts writer.

**GAYATRI KRISHNASWAMI**

**JANET HAUGHTON  
QUARSHIE**

## **Visit to Vishakapatnam — November 24th to 28th, 2010**

Compared to the rather large contingent that visited Syria, Jordan and Israel in September/October 2010 – so graphically described by Ramani Reddy in the November issue of the Newsletter – only 9 intrepid travellers undertook the 4 day visit to Vishakapatnam! We flew out on the morning of November 24th, after a delayed start of one hour, and reached Vishakapatnam at approx. 12.30 p.m.

We were met by the local travel agent and transported to the city in a mini van to a popular restaurant, Dasa Pella, and then checked into The Park. After freshening up, we started out to visit the sites with Mr. V.Rao, a senior guide of the AP Tourism Department. The first stop was a visit to Kailash Giri, a pleasant park on a hillside which has large statues of Shiva and Parvati. A tsunami warning centre has been constructed after the last tsunami which hit the east coast. We also took a joy ride on the cable car and then visited the Submarine Museum, which was a very impressive and interesting sight. It is really remarkable how people can stay in cramped surroundings for extended periods of time.

The next stop was the favorite viz., the Lepakshi Handicrafts Emporium, where everyone shopped to their heart's content. Then back to the hotel for a sumptuous buffet dinner, followed by some time on the Hotel's private beach, before turning in for a well deserved rest.

The next day we started out early in the morning after a hearty buffet breakfast, to visit the Araku Valley, about 120 k.m. away. This is the “hill station” for the residents of Vishakapatnam and boasts of many cottages constructed by the AP Tourism Dept. Except for a Tribal Museum there is nothing much to see except take in the beauty of the valley. Fortunately it was a clear day so we had a clear view. After a visit to the Padmavati Botanical Gardens and lunch at the APTDC complex, we witnessed a tribal dance and then moved on to visit the Borra caves.

The word “Borra” in Oriya means a hole. The caves are about a kilometer long and contain some interesting stalactite formations. One can give free rein to one's imagination and we saw a “Bearded

Rishi", a "monkey" a "horse" and other figures. A railway line runs over the Borra caves and a marker indicates the spot where it traverses the caves.

On the next day we started out by a visit to the Simhachalam Temple, followed by a visit to the Buddhist Complex of Thotlakonda, Bavikonda and Pavuralakonda. (Konda means "Valley" and Thotla means "Water tank" in Telugu). As you can guess, these Buddhist ruins comprise mainly of interconnected water tanks, but ruins of a hostel and temple can also be seen. We then visited the Rama Naidu Film Studios and saw the various sets. After lunch, we visited the Rishikonda Beach. This was a disappointment – it was in a very dirty condition and most of us did not even alight from the bus. Then we went to Dolphin's nose, where we climbed up the quaint lighthouse to get an amazing view of the city and the Bay of Bengal. We then did a city tour viewing various important establishments, such as the Hindustan Shipyard, Naval Headquarters, and the HPC Oil Refinery and residential quarters at Waltair. The next stop was again shopping – a visit to the CMR Mall, a saree shop called Taruni, and back to the hotel.

The Park is a luxury hotel, with its own private beach, and we all had very comfortable and well appointed rooms. The cuisine was delectable, with infinite variety for both breakfast and main meals.

On the 27<sup>th</sup>, we took it easy, and started out after 10 a.m. We visited a popular local sweetmeat shop and stocked up on goodies to take back home. After a packed lunch, we came to the railway station at 1.00 pm and boarded the Howrah Mail, which came on time at 1.55 p.m. A piping hot dinner was served to us at Vijayawada station before we settled down for the night, and reached Chennai Central station groggy and early at 4.00 a.m.

And so ended another enjoyable IWA trip. Our grateful thanks to Neena Sanghavi and all others for arranging an enjoyable and comfortable outing.

**DHUN DALAL**

## KEEP TABS ON YOUR ATTENDANCE

Every month jot down the meetings you have attended in the column below. This will help you keep track of whether you have completed your ten meetings.

MEETING	DATE
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	