

<b>1 Fri</b>	10.00 <sup>AM</sup> Managing Committee 11.00 <sup>AM</sup> Executive Committee
<b>4 Mon</b>	<b>04.00 <sup>PM</sup></b> Music & Performing Arts
<b>7 Thu</b>	10.15 <sup>AM</sup> Current Events
<b>13 Wed</b>	10.15 <sup>AM</sup> History, Culture & Tours
<b>20 Wed</b>	10.15 <sup>AM</sup> Health & Ecology
<b>25 Mon</b>	<b>10.00 <sup>AM</sup></b> <b>ANNUAL GENERAL MEETING</b>

To learn more, visit the IWA web site: [www.iwachennai.com](http://www.iwachennai.com)

### From the Presidents

The Grand Finale was the last event in the 2015-16 IWA year and what a wonderful event it was. A fashion show with beautiful models gliding down the ramps, showcasing exquisite clothing. But what made the evening special was that the lovely models were none other than the IWA ladies themselves, looking stunning and carrying themselves with such style and glamour that they had the whole audience spellbound . Thanks must go to all the IWA models for the hard work put in by them and for the wonderful audience.

Helen Keller had said " Alone we can do so little, Together we can do so much ". A lovely message which captures the very essence of IWA.

As Presidents of this wonderful organization, Mala and I have seen in action, what Helen Keller has said, as the support we received from the entire organization throughout the year was simply outstanding. This year we wished to showcase the talents of our IWA Members and so at our request it was the IWA ladies who were centre stage and participated in and won the hearts of the audience in all our Board events.

The Activity Chairpersons organized highly interesting meetings, with impressive speakers and at lovely venues, as a result of which we were delighted to see that attendance and participation were reaching new heights.

Mala and I are most fortunate to be a part of such a wonderful family of diverse ladies who with their warmth, friendship, encouragement and support, helped us to have an immensely enjoyable year with such lovely memories.

Our Managing and Executive Committee have been the driving force to plan and execute our activities during the year and we would like to place on record our deepest thanks to them for their participation and dedication throughout the year.

The members of the Managing Committee **Nabila Avais, Jansi Kishore, Badrunissa Mahadevan, Nalini Panday, Anita Koshy** and **Mahvash Sait** have led from the front and we would like to thank them for their invaluable efforts in supporting us.

The backbone of IWA , our Activity Chairpersons, **Usha B Moorthy & Sanjukta Gill** ( Arts & Handicrafts), **Nidhi Kapoor Thadani & Amulya Rao** (Book Discussion), **Asha Harish Murthi & Chungmee Kim** (Cooking Swapshop ), **Lakshmi Menon & Anjali Sacheti** (Current Events), **Banu Singh & Sushi Goklaney** (Health & Ecology), **Usha Jawahar & Vicki Tippet** (History, Culture & Tours), **Padmavathy Gunashekar & Sylvie Wright** (Music & Performing Arts) and **Mallika Venkatramani & Sharon Iles** (Philosophy & Religion) have worked tirelessly to bring us informative and interesting meetings. We extend our heartfelt gratitude to each one of them, as this IWA year would not have been possible without their dedication and efforts.

Our pillars of advise, wisdom and strength have been our Advisory Committee, Music Committee, Membership Committee and Election Committee as their guidance has been exemplary and exceptional and contributed substantially to the success of this year. A special thanks to **Srikanta Jhaver** for permitting IWA to use her premises as the IWA Registered office and for receiving our mail. A big Thank you to **Rani Ananth** for her sterling contribution to IWA by maintaining the IWA blog.

We look forward to seeing all of you at the **AGM** on Monday, **April 25th**. We request those of you who are unable to attend the AGM to write in advance to the Membership Secretary if you wish to seek a leave of absence.

Our hearty congratulations and best wishes to the Incoming Managing and Executive Committees .

ACHU KURIAN

MALINI KRISHNA

<b>1 Fri</b>	<p>10.00 AM Managing Committee 11.00 AM Executive Committee</p> <p><b>Madras Club</b> 8, Adyar Club Gate Road Chennai 600 028</p>
--------------	---

Meetings are hosted by **Achu Kurian** and **Malini Krishna**

### From the Vice Presidents

Looking back...time sure has wings...the months have just flown by...what seemed like a herculean task, actually unfolded to be quite an enjoyable activity. It was such a pleasure working on the IWA Board this year...plentiful bonding and much learning... compiling the IWA newsletter month after month, rightly stated by Helen Keller..."Alone we can do so little..Together we can do so much." Apt theme for the year dear Achu and Mala. The support and encouragement we received steered us through our tenure as Vice Presidents with much ease. Our heartfelt thanks to all of you for reposing your faith in our ability.

A big thank you to all the Activity Chairpersons for your immense efforts in simplifying our task by heeding to our requests and promptly sending in well written blurbs on time.

We do hope every member of our IWA family has found the newsletter interesting and informative and has enjoyed browsing through it as much as we have enjoyed compiling it for you.

NABILA AVAIS

JANSI KISHORE

### From the Secretaries

We are exiting from this extraordinarily great journey as Secretaries. With diligence we ensured that the newsletters with the relevant information reached our members in time. We will bask in the warmth of having worked with our very competent Presidents Achu and Mala, the Managing Committee and the Executive Committee.

We sincerely acknowledge the support of the Advisory Committee and the Membership Committee for their untiring help in choosing new members. With the curtain call, we feel energised and reinforced to move on with this thought well etched in our minds:

'Alone we can do so little, together we can do so much.'

BADRUNNISA MAHADEVAN

NALINI PANDAY

### From the Membership Secretary

Please return your renewal forms together with your cheque for the annual membership fee of Rs 2000/- made out to "IWA Chennai". Non Indians can pay cash. This can be done at the AGM, by post or hand delivered to the Secretaries. The closing date for returning completed renewal forms is June 30th 2016.

To ensure our records are up to date, please complete all sections of the renewal form accurately.

Please tick the appropriate box for sponsorship in the renewal form and do oblige when approached by the chairpersons, with the same amount.

In the case of Non-Indians who are leaving Chennai, please send a letter or email informing us that you will not be renewing your membership. This will enable us to fill your slot with another interested applicant.

All members are reminded that they should inform us in writing or by email if:

- a) They will be absent for the AGM, prior to the AGM.
- b) If they are likely to be absent for a month or more from IWA. This should be done prior to or at the beginning of each long absence.

BADRUNNISA MAHADEVAN

### From the Treasurers

The past year has been a wonderful experience, being part of the Managing Committee of IWA. It's been rewarding and a learning experience interacting and working with the IWA team. As Treasurers, we truly appreciate the cooperation from the members of the Managing and Executive Committees. This made our job truly seamless.

In addition, our sincere appreciation to all our members- "the back bone of IWA" for enabling this year to be successful and enjoyable.

All the best to the incoming team for a successful year ahead.

ANITA KOSHY

MAHVASH SAIT

### From the Election Committee

Based on the nominations received, we are happy to announce that the following members have been elected unopposed to the post mentioned against each for the year **2016-2017**.

	<b>INDIAN</b>	<b>NON-INDIAN</b>
<b>Presidents</b>	<b>Nabila Avais</b>	<b>Jansi Kishore</b>
<b>Vice Presidents</b>	<b>Badrunnisa Mahadevan</b>	<b>Sylvie Wright</b>
<b>Secretaries</b>	<b>Anita Koshy</b>	<b>Manisha Singhee</b>
<b>Treasurers</b>	<b>Asha Harish Murthi</b>	<b>Vicki Tippet</b>

Our congratulations and very best wishes to them for a successful term.

Note: The following nominees withdrew from the election.

**Usha Jawahar**  
**Kausalya Jaganmohan**  
**Nalini Panday**

There will be **No Election** this year.

Chairperson :	<b>Alagu Muthu</b>
Members :	<b>Jyothi Ganesh</b> <b>Radha Gopalakrishnan</b> <b>Archana Meiyappan</b> <b>Cherry Venkatesan</b>

<b>4</b> Mon	<b>04.00 P.M</b> <b>Residence of Nina Kothari</b> Kothari Bagh 18, Nungambakkam High Road Chennai 600 034	
--------------	---	--

## Vande Guru Parampara... A Spiritual Musical Offering

**Sooryagayathri**, a ten year old girl, is a gift of God and an amazing bundle of talent. Sooryagayathri's voice has fine mettle, easily traversing all the three octaves and is able to bring out the bhavam as portrayed by the legendary M S Subhalakshmi. **Kuldip Pai**, singer and composer, will accompany the young artiste as she performs the Hanuman Chalisa along with other stotras and obeisance to Lord Ganesha.

We thank **Nina Kothari** for graciously hosting this meeting at her home.

We thank **Cherry Venkatesan** for being our day facilitator.

Please note this is an **evening** meeting.

This is a **members only** meeting.

PADMAVATHY GUNASHEKAR

SYLVIE WRIGHT

---

We thank **Mahvash Sait** for sponsoring the audio for our March Cooking Swapshop meeting.

<b>7</b> Thu	<b>10.15 A.M</b> <b>The Folly, Amethyst</b> Whites Road Next to Corporation Bank Royapettah, Chennai 600 014	
--------------	--	---

## Probiotics: An Ancient Wisdom Modernized

Probiotics is an ancient science which has been recently rediscovered and is in the forefront of revolutionary preventive healthcare. In layman's term, probiotics are the naturally occurring "good" bacteria that live in your gut and play a significant role in your total wellness.

Research is discovering that a large part of our immune system is housed in our gut, so keeping it in good working order should be our biggest priority. A healthy intestinal tract is said to host over 100 trillion friendly bacteria (that is 14000 times more than the global human population!). These good bacteria essentially govern your body and aid in your health.

**Bharat Jhaveri**, who for the last 15 years has been involved in researching the usage of probiotics, will help us navigate through the world of this micro-organism and its effects on the human body. He will share with us the recent path-breaking discoveries made in the field and also share with us the future of modern medicine.

We heartily thank **Sunita Shahaney** for sponsoring the meeting.

LAKSHMI MENON

ANJALI SACHETI

**13** Wed

10.15 AM  
**The Folly, Amethyst**  
 Whites Road  
 Next to Corporation Bank  
 Royapettah, Chennai 600 014



## Indian Concept of Time Tracking and Calendar

What really is a New Year?

What is a Calendar?

Why does India usher in its New Year when it does, in March - April?

How has India been tracking time through the ages?

With the standardization of the Gregorian calendar, spanning from January 1st to December 31st, as the World's calendar, let's hear on the eve of Tamil New year, the concepts of Indian calendar, and its significance.

**D.K.Hari** and **D.K.Hema Hari** are founders of Bharath Gyan, a civilizational study initiative to compile and present the knowledge of India, its traditions, its culture, its global ties - in short, its ethos, from an Indian perspective.

We thank **Debbie Thiagarajan** for sponsoring the event.

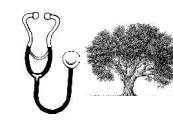
We thank **Jeyasree Ravi** for being our day facilitator.

USHAJAWAHAR

VIKKI TIPPET

**20** Wed

10.15 AM  
**The Folly, Amethyst**  
 Whites Road  
 Next to Corporation Bank  
 Royapettah, Chennai 600 014



## Disaster Preparedness and Mitigation

Globally we encounter innumerable disaster situations. Let us get an insight knowledge and understanding of the catastrophic effects of disasters and what can be done to cope up and rise up to the event. How important are those golden seconds of an emergent situation? What impact do they have on our world? Are we doing something about it? Are we competent First Responders?

Our speaker, **Dr. Papa Jr.** is a trained **Emergency Physician** and **Disaster Preparedness** and **Mitigation Trainer**. The bottom line of all his forays are centric to providing for perceptive solutions and his life's credo is to reach out to the unreachable and the ones in dire need. Dr. Papa Jr. heads three health verticals at HUMA Hospital - the HUMA Urgent Care Centre, HUMA Wellness (Holistic Health Care) and the Humanitarian Outreach Initiative (India).

We thank **Uma Ganesan, E. Rajeshwari, Linda Raymond, Anita Reddi** and **Urmila Reddy** for kindly sponsoring the meeting.

BANU SINGH

SUSHI GOKLANEY

---

We would like to thank **Kala Bhashyam** for being one of the sponsors for our March 8th Music & Performing Arts meeting at The Folly.

## **"The Unsinkable Molly Brown"**

"Our happiest moments as tourists always seem to come when we stumble upon one thing while in pursuit of something else"- Lawrence Blake.

On the eve of 8th February 2016, 28 of us were welcomed at Hotel Kiranshree Portico with a traditional Assamese Gamosa( gamcha) and an impromptu shopping hour (thanks to Naina Shah!).

Next morning we settled ourselves into our allocated vans and headed out to the famous Kamakhya Temple- dedicated to the Yoni and one of the few temples that still practice sacrificial slaughter. At the temple some decided to take in the sights and sounds around the temple while others went in to see the sanctum sanctorum- a visit made very easy thanks to Sharada's special efforts of arranging a visit for us.

Foreheads smeared with vermillion we moved on in our vans to Kaziranga. We stopped at the highway city dhaba that turned out to be unexpectedly beautiful with lots of stunning dahlias around. After a hearty meal and introduction to the Assamese chili- bhoot jhalokia, we moved on. On the way was another surprise of witnessing the finish of a South Asian Games- cycling event. We reached lora resort and after check in we were invited to a performance of the Bihu dance by a group of young dancers- who with their enthusiasm and foot tapping beats, managed to get many IWA ladies to join them step for step. The gentlemen on another table were in for a surprise that evening as the ladies challenged them to a round of karaoke, which they gracefully accepted. Their lack of skill was made up for by their enthusiasm!

Next morning we gathered at 4am to embark on our elephant safari. The safari was in itself an unforgettable experience. We set out 3 to an elephant and the majestic animal, graceful even in its enormity was clearly the superior in the jungle hierarchy. The unexpected turn of events when one of these majestic beasts trumpeted showing its maternal instincts and scaring a rhino away surely left its riders' hearts racing! The ride in the crisp morning breeze swishing through the tall elephant grass and pre-

dawn calm inspired some of us to repeat this experience the next morning.

That entire day was dedicated to exploring the Kaziranga Sanctuary on a jeep. We took in scenic beauty and sighted a plethora of birds and animals. With another heart stopping moment when a rhino charged at our group we ended the tour with a lot of excitement.

Lunch that day was a special affair with typical Assamese dishes leading to an evening of singing, bonfire, dance, food and good cheer. Next day we checked out of this lovely resort and drove to Jorhat- stopping on the way at the orchid park. Expecting to see a variety of flora- imagine our surprise when we were treated to a performance of the bamboo dance and a sale of some Assamese snacks. As we reached the Kaziranga Golf Resort, it took our collective breath away with its lush undulating greens. Soon after check in we drove to the Hollonga Par Gibbon Resort which was exciting simply because it was out of agenda and in a beautiful forest reserve where one could actually hear the sounds of the forest. Even the fear of the leeches didn't dampen the adventurous spirit of the ladies.

After a good night's rest we were ready for our day's excursion to Majuli, world's largest Riverine Island. A drive and a short cruise on the Brahmaputra reached us to this lovely little island, which is a crowning glory of the Vaishnavite culture in Assam. Here, we saw a graceful dance performance by the monks as well as the art of mask making. Then we moved on to see a Mishing village and experience first hand the lives of the villagers who were equally delighted to see us there. The next day was slated for visiting Sibsagar and visiting the Siva Dol (siva temple). En route we noticed girls dressed in traditional mekhala chador and reached the temple contemplating the reason for so many young adults to be dressed in traditional finery. We were met by throngs of young adults dressed in their best attires and were told that it was Saraswati Puja day. We realized that we were witnessing perhaps one of the most important socio cultural events in any young Assamese adult's life. It sure beat any valentine celebration! We walked around the temple and were more taken in by the hundreds of lovely young men and women than the temple grounds. We left there with smiles wondering which of them would win the best-dressed award given by a popular local TV

channel. After Sibsagar we stopped for another Assamese lunch and moved on to see Ahom Maidam- which our guide aptly called- pyramids of India. These were hills where the members of the Ahom royal family were buried. On the surface it look deceptively simple like a park with hills and mounds- beguiling to the unassuming eye about the hundreds of years of history lying beneath.

The day ended with the usual spa run and we dressed up for a cozy dinner and drinks and a game of dumb charades. The two teams were neck to neck with smart guesses flying! And then came- "the unsinkable Molly brown" the movie that decided the winner . That evening brought yet another surprise as the Presidents gave a vote of thanks and a beautiful gift to all of us.

Next morning we departed early for Guwahati with lunch stop and evening cruise on the Brahmaputra. It was a lovely evening spent chatting and singing as the 2-tiered boat gently moved on the serene waters of the mighty river. We returned to the hotel for a special dinner to mark Valentine's Day. The last day on the trip was earmarked for shopping and everyone visited the local market where the ladies picked up souvenirs. Finally we headed for the airport to board our flight home. Here too awaited one final surprise as our Presidents got to fly with the Governor of Meghalaya and Manipur sharing the row with them on flight- making it a befitting end to a holiday that was full of pleasant, unexpected nuggets of happy surprises!

NIDHI THADANI

## GRAND FINALE

Thank you for a fantastic Grand Finale. We are deeply grateful to the following members:

**Tina Malhotra**, for facilitating this event, for arranging and sponsoring the hotel stay of the Designers,

**Shanti Thomas**, for sponsoring the travel arrangements of the designers and for co-sponsoring the beautiful flower arrangements at The Apartment,

**Ambika Mammen**, for sponsoring the lovely backdrop for the fashion show,

**Banu Singh**, for co-sponsoring the beautiful flower arrangements at The Apartment,

**Vidya Singh**, for her time, effort and help in co-ordinating the show and for sponsoring the backdrop for the photo-booth,

**Rekha Rangaraj**, our wonderful MC.

Thanks to all our gorgeous IWA models,. **Padma Ashok, Nabila Avais, Farah Bangera, Shalini Biswajit, Uma Ganesan, Sanyukta Gill, Deepali Goyal, Chandra Lulla, Jaya Mahbubani, Tina Malhotra, Jayashree Manradiar, Masako Maruyama, Thejomaye Menon, Sabina Narayan, Sharmilee Nielson, Sheetal Parekh, Sharmila Ramji, Amulya Rao, Tulsi Reddy, Anjali Sacheti, Sweta Saharia, Ritu Sahi, Sheetal Shah, Banu Singh, Vidya Singh, Manisha Singhee, Fharzana Siraj, Bharathi Suresh, Nidhi Kapoor Thadani, Vicki Tippet, Usha Umapathi, Lakshmi Viswanathan and Sylvie Wright.**

Thanks to our enthusiastic Next Generation participants : Kanika Krishna, Avantika Krishna, Asmita Krishna, Aishwarya Ramji, Shabri Thomas and Jenn Thomas; and

Our Executive Committee and Managing Committee for all their help .

ACHU KURIAN

MALINI KRISHNA

### **Annual General Meeting**

Notice is hereby given that the IWA Annual General Meeting will be held on **Monday, April 25th, 2016** at the following address:

**Smt. Sivagami Pethachi Auditorium  
MCTM School Campus  
179, Luz Church Road  
Mylapore, Chennai 600 004**

REGISTRATION AND REFRESHMENTS:

**AGM commences:**

**The Agenda for the meeting is as follows:**

- ❖ Welcome Address
- ❖ Reading of 2015 AGM Minutes
- ❖ Secretary's Report
- ❖ Membership Secretary's Report
- ❖ Treasurer's Report
- ❖ Adoption of the Audited Accounts for the year 2015-2016
- ❖ Appointment of Auditors for 2016- 2017
- ❖ Remarks by the outgoing President
- ❖ Any Other Business
- ❖ Introduction of the Election Committee
- ❖ Presentation of the New Managing Committee 2016-2017
- ❖ Address by the incoming Presidents
- ❖ Introduction of the New Executive Committee
- ❖ Vote of Thanks

**10.00 a.m.**

**10.45 a.m.**

**Malini Krishna  
Nalini Panday  
Nalini Panday  
Badrunnisa  
Mahadevan  
Anita Koshy**

**Achu Kurian**

**Alagu Muthu**

**Nabila Avais &  
Jansi Kishore**

**Ramani Reddy**

Note: Copies of the accounts and reports of the various activities will be available for members.

### **Change of Address**

#### **Cathy Maljournal**

Sarita's Apartment  
2<sup>nd</sup> Floor  
60, Poes Garden  
Chennai 600 086

#### **Nirmal Mirza**

River View Apartments  
Flat 8  
3rd Avenue, Boat Club Road  
Chennai 600 028

#### **Padma Ashok**

6, Lambeth Avenue  
Off Bawa Road  
Abhiramapuram  
Chennai 600 018