

March at a glance

1 Tue	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee
3 Thu	10.15 ^{AM} Cooking Swapshop
7 Mon	10.15 ^{AM} Book Discussion
8 Tue	10.15 ^{AM} Music & Performing Arts
9 Wed	10.15 ^{AM} Arts & Handicrafts
14 Mon	11.00 ^{AM} Endowment Lecture
15 Tue	10.15 ^{AM} Health & Ecology

To learn more, visit the IWA web site: www.iwachennai.com

21 Mon	10.15 ^{AM} Philosophy & Religion
22 Tue	10.15 ^{AM} Current Events
24 Thu	10.15 ^{AM} Music & Performing Arts
28 Mon	10.15 ^{AM} Grand Finale

1 Tue	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee L'amandier 57, Chamiers Road, R.A.Puram Chennai 600 028
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Meetings are hosted by **Mallika Venkataramani** and **Sharon Iles**

From the Presidents

Welcome back to the members who went on the IWA trip to Assam.

The months have gone by so fast and we are at the end of the IWA year. In the month of March we celebrate **International Women's Day** and a surprise awaits the members attending the meeting on March 8th. We look forward to seeing you all at the **Endowment Lecture** on March 14th at the Museum Theatre.

The **Grand Finale** is on **March 28th** at the Park Hyatt Hotel. We want you all to be a part of this celebration which is a Fashion Show by our graceful and elegant IWA ladies.

The Election Sub-Committee has prepared a list of candidates for election to the Managing Committee for 2016-2017. You can find the nomination form at the end of this newsletter.

As per the Byelaws 11M (VIII):

"The Election Committee shall present to the members, the names of Indian and non-Indian candidates who are eligible and willing to stand for election to the Managing Committee..." - along with a photograph and posts held in IWA.

Please send your completed **nomination forms** to **Alagu Muthu**, Chairperson, Election Sub-Committee by Wednesday, **March 9th**.

The AGM will be held on Monday, **April 25th**. The exact time and venue will be notified in the April Newsletter. Please be aware of Byelaw 10 Q(VI) on termination of membership being applicable to "A member who does not attend three consecutive meetings of the General Body without leave of absence in advance in writing".

We take this opportunity to thank all of you for your support and encouragement throughout the year.

We look forward to seeing you at our March meetings.

ACHU KURIAN

MALINI KRISHNA

Cooking SwapShop

<p>3Thu</p>	<p>10.15 A.M Mamagoto Oyster, KNK Road Nungambakkam Chennai 600 034</p>	
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Mamagoto in Namma Chennai

This restaurant heralds a new interpretation to Pan Asian cuisine, which is expressed in its unusual name, which translated literally means to 'play with food'. Here we get to experience an eclectic menu of lip smacking Asian fusion cuisine in a funky, fresh, relaxed and unique atmosphere. An experience which is a far cry from the mundane cliché!

The menu spans Japan, China, Southeast Asia along with spicy hawker style Thai food. The dishes here sound so good, you want to try them all!

The secret of Mamagoto owes a lot to their sauces. Mamagoto's 29 sauces are all prepared in their centralized kitchen in Delhi and transported to their outlets all over the country. We suggest you join us to take a break from the usual. A perfect rejuvenation therapy awaits the lovers of exotic food!

Let us ladies together go with the key phrase of Mamagoto, that is to play with food and enjoy the Mama experience in a relaxed and casual manner.

We have to limit this experience to **40** members only. So please **warn-in** with **Asha Murthi** at **9841020710** on **March 1st** and **2nd** from 10 am to 5 pm only.

Our sincere thanks to **Hemu Ramiah** for initiating this for us.

ASHA MURTHI

CHUNG MEE

<p>7 Mon</p>	<p>10.15 ^{AM} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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Beware Falling Coconuts

Adam Clapham is a BBC producer who has worked and played in India all his professional life. He is the author of numerous books such as 'As Nature Intended' and 'Blood on the Carpet'.

During his long career in India he has been drawn to the off beat, colourful, varied landscape of stories that make up this country.

'**Beware Falling Coconuts**' is a kaleidoscope of his experiences; stories that range from the whimsical to the downright unbelievable, written for an Indian readership by an affectionate outsider.

We thank **Cibi Mammen** for sponsoring this meeting.

We thank **Mansha Bhatia** for sponsoring the AV equipment and **Anuradha Sachdev** for sponsoring the quiz gifts.

NIDHI THADANI

AMULYA RAO

We thank **Vijaya Balasubramanian, Anjana Sunil** and **Indira Srinagesh** for sponsoring the AV equipment for the two February Book Discussion meetings.

<p>8 Tue</p>	<p>10.15 ^{AM} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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Thakka, Dhimi, Tha... Joys of the Thaala (Rhythm)

Let's Rejoice! Today is International Women's Day - March 8th

Come December and the concert halls in Chennai reverberate with sounds of Music and Dance. The city comes alive with celebrations. Women in their gorgeous 'pattu saris', delicious gastronomical spreads, pleasant weather, and jam-packed auditoriums contribute to the Tamizh month of Margazhi becoming a perfect stage for the MUSIC SEASON in MADRAS!!

At the concerts, accompanying the main artistes in their performance are several other artistes, who contribute to the success of the show. One needs to cultivate a keen sense to be able to appreciate their involvement too in the show.

Dr. Ghatam Karthick presents an Interactive Talk Session on "**How to enjoy rhythm in a Carnatic Kutcheri and otherwise**".

Dr. 'Ghatam' Karthick is one of the shining star artistes on his captivating clay pot instrument. His creative originality, distinct stage-presence, vibrant virtuosity, nimble fingers and a nimbler mind have all made him a most sought after percussionist in Indian Classical Carnatic Music.

Accompanying him will be artistes on the mandolin, violin, mridhangam, kanjira, tabla and morsing.

We thank **Asha Hemdev, Lily Malhan, Bilkis Moosa, Maureen Murari, Kamala Muthiah, Alagu Muthu, Lalitha Naidu, Nita Reddy** and **Sylvie Wright** for sponsoring the event.

We thank **Brahada Kameshwaran** for being the day facilitator.

PADMAVATHY GUNASHEKAR

SYLVIE WRIGHT

9 Wed	<p>10.15 A.M Res. of Alagammai Alagappan 10, Chittaranjan Road, Teynampet Chennai 600 018 (Opposite the Japanese Consulate)</p> 
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The Seeing Eye

In 1983 when art was not fashionable, as a fresh graduate who wanted to pursue her love for art, **Sharan Apparao** set up an art gallery. In the last 33 years she built her brand of Apparao Galleries while promoting artists known and unknown. Her art education started in Stella Maris and wound its way through a writing course in Harvard, and a management course in IIM Ahmedabad to hone her business of art.

Over the years she developed a skill in “seeing” and this allowed her to choose art investments and build artists. It is not easy to select and build collections of lasting value with a timeless quality unless you develop the eye for seeing.

Today the talk **The Seeing Eye** will open up your world of understanding the difference between art that is timeless and valuable and art that remains a personal pleasure. Art has many hues. As a Gallerist, Art Consultant and Investor in arts, Sharan will share her secrets of identifying a winner in art and demystifying the myth of understanding art.

We thank **Alagammai Alagappan** for graciously hosting this meeting in her house.

We thank **Usha Saravanan** for being the day facilitator.

USHA MOORTHY

SANYUKTA GILL

14 Mon	<p>11.00 A.M Madras Museum Theatre Pantheon Road Egmore, Chennai 600 008</p>
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Symbolism of Sacred Space in Early Dravidian Architecture

To discuss the relevance Early Dravidian Architecture has on the sacred relationship between man and the cosmos, we honorably present **Dr. Choodamani Nandagopal**, who brings vast knowledge and extensive experience to the subject.

Art historian, member of UNESCO, UNSW (Australia) fellow, academic, author and analyst of Indian art and architecture would just be a few of the accolades Dr. Choodamani Nandagopal possesses. She is well immersed in the cultural elements of India and has a highly reputed international standing as well. Symbolism of Sacred Space in Early Dravidian Architecture is currently one of the few fields that she is researching in.

The meeting starts at **11.00 a.m**

We request everyone to be in their seats by 10.45 a.m.

We thank **Era Kalra** and **Princess Naik** for graciously hosting this meeting.

USHA JAWAHAR

VIKKI TIPPET

<h1>15</h1> <p>Tue</p>	<p>10.15 ^{AM}</p> <p>Meyyammai Murugappan's Residence The Laurels, 4 Chittaranjan Road Teynampet, Chennai 600 018</p>	
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The Miracle of ThetaHealing

ThetaHealing is an energy healing modality founded by Vianna Stibal in USA in 1995. Vianna is a medical intuitive and a naturopath who had discovered this modality through a miraculous and spontaneous healing on herself from cancer. ThetaHealing is a fast growing healing modality with its presence in more than 30 countries worldwide.

Our speaker, **Devaki Kakullavaarrapu**, trained under Vianna Stibal. She is a Master Instructor and Certificate of Science (highest qualification) holder in ThetaHealing. Devaki will brief us on ThetaHealing and will explain how it works; through some case studies, particularly on women.

We thank **Meyyammai Murugappan** for graciously opening her lovely home to us.

BANU SINGH

SUSHI GOKLANEY



IWA expresses its heartfelt condolences to the bereaved family of our member **Nalini Ramakrishnan**.

<h1>21</h1> <p>Mon</p>	<p>10.15 ^{AM}</p> <p>The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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Finding Your Life's Purpose

"All of us want happiness, but the very act of seeking happiness prevents our attaining it. Happiness can only come as a by-product of living a life with a purpose. A life without a clear meaning and a larger purpose is not worth living." -Prof. R. Rajagopalan.

Prof. R. Rajagopalan, a retired Professor from IIT Madras, found his purpose rather late in life and quite by accident, but has not had a dull moment since!! You could find your life purpose late in life, but it does not matter. What you get would be worth the entire wait. Do not give up; keep searching for a life purpose until you reach the 'aha' moment. Life will change fundamentally once you find your true purpose and begin fulfilling it.

Prof. R. Rajagopalan promotes environmental awareness and helps in finding life's purpose.

We thank **Deepika Goyal, Jaya Mahboobani** and **Dr. Minnie Mathan** for sponsoring the meeting.

We thank **Dr. Minnie Mathan** for being our day facilitator.

MALLIKA VENKATARAMANI

SHARON ILES



Change of address:

Jennifer Eldred
 Villa 1 55B
 Seashore Town ECR
 Panayur
 Chennai 600 115

<h1>22</h1> <p>Tue</p>	<p>10.15 AM The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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Making Chennai Safer for Women

After any natural disaster, there seems to be an increase in the number of incidents of gender specific abuse, mainly in the form of domestic violence. The same was true in the aftermath of the recent floods in Chennai. People react to trauma in many different ways. Unfortunately in many cases it is channeled violently or abusively.

Dr. Prasanna Gettu, has been helping victims of abuse overcome their predicament for over 15 years. She has been researching effective ways to empower women and to prevent the spike in the number of cases that happen after a natural disaster.

Today she will speak to us about how she started in this quest to help women and what she has learned from her experiences working with women who have faced abuse.

Dr. Prasanna Gettu, is a qualified criminologist and victimologist. She is also the founder and CEO of the International Foundation for Crime Prevention and Victim Care (CPVC), a non-governmental organization in Chennai providing support services to domestic violence and sexual abuse survivors. CPVC partners with the police and other organizations to improve responses to domestic violence towards achieving the goal of ending violence against women.

We heartily thank **Ritu Sahi** and **Tulsi Reddy** for sponsoring the meeting and facilitating it too.

LAKSHMI MENON

ANJALI SACHETI

<h1>24</h1> <p>Thu</p>	<p>10.15 A.M MENA HALL 101, Dr. Radhakrishnan Salai Mylapore Chennai 600 004</p>	
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Women in Indian Cinema

Are casting couches a reality? Does a film need an item number to be a box office hit? How does a woman handle pressure in a male oriented work area? Does one need a mentor here too? **Sharada Ramanathan** will address these and more questions related to Women in the Tinsel World.

Sharada Ramanathan is a cultural thinker and writer, and a film director. Sharada was the State secretary (1984-91) and national Chairperson (1990-91) of SPIC-MACAY, an Indian national cultural organization. She worked with the Ford Foundation, New Delhi, as a Consultant and Program Officer, Culture and Media (1991-2002).

Sharada has directed two features, and one documentary film. Her debut feature film, SRINGARAM, won 3 Indian National Film awards and 2 Tamil Nadu state awards. Sharada's second feature, "Puthiya Thiruppangal" (Twists of Fate), touches on the issue of child trafficking.

Sharada has been a member of the jury for both the National Film Awards and the Indian International Film Festival. She was the first Indian to be on the Grand international jury for the Creative Business Cup, Denmark, 2013.

We thank **Usha Saravanan** for sponsoring the event.

PADMAVATHY GUNASHEKAR

SYLVIE WRIGHT

<h1>28</h1> <p>Mon</p>	<p>10.15 A.M Hotel Park Hyatt 39, Velachery Road Chennai 600 032</p>
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Grand Finale

It's the culmination of a wonderful year, full of friendship, activity, fun and laughter.

The **IWA Board** invites you to the final event of the year, **The Grand Finale**.

This special event is a **Fashion Show**, showcasing some truly remarkable designs of two well known designers. But most importantly, the stylish designs will be modelled by the graceful and elegant IWA ladies themselves. This is going to be a treat to watch and we are sure that you will have a wonderful time joining in the cheering and excitement when each of our ladies hits the catwalk.

This year has been amazing because in all our Board events, it is the IWA ladies who have organized, participated and won the hearts of the audience. **Thank you IWA members** for the wonderful support throughout the year and now join us for what promises to be a most enjoyable event and a fitting close to a hectic and fulfilling year gone by.

A scrumptious High Tea will be served before the Fashion Show .

10.15 am - 11.00 am : High Tea
11.00 am : Fashion Show

Please note this is a **members only** meeting.

ACHU KURIAN

THE BOARD

MALINI KRISHNA

IWA @ Delightful Assam



From the Election Committee

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

GUIDELINES:

1. **Nominees for President, Indian, shall have served on the Managing Committee for at least 2 years.** They should have been members of IWA **for at least 7 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 or Treasurer) should have served as Activity Chairpersons for at least 2 years.** This may be relaxed in the case of Non-Indians who have been members of IWA for three years or less.
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, keeping in mind their proven ability to fulfill their responsibilities and work as a team. They shall inform the members of the time, place and venue of the election.

This newsletter carries the nomination form. Please fill out the form and forward it to ALAGU MUTHU, Chairperson, Election Committee at the following address:

'BEAU RIVAGE'
97, Santhome High Road
Chennai 600 028
Tel: +91 98400 25999

Please ensure that your nomination form reaches ALAGU MUTHU before 3pm on Wednesday, the 9th March 2016.

Chairperson : Alagu Muthu
Members: : Jyothi Ganesh
Radha Gopalakrishnan
Archana Meiyappan
Cherry Venkatesan

From the Election Committee

Following in alphabetical order is the list of eligible members who have agreed to be nominated for the various posts on the Managing Committee for 2016-2017 – Presidents, Vice-Presidents, Secretaries and Treasurers.

INDIANS



Nabila Avais

EC Arts & Handicrafts	2008-2009
EC Health & Ecology	2009-2010
EC Cooking Swapshop	2011-2012
MC Treasurer	2012-2013
MC Vice President	2015-2016



Kausalya Jagan Mohan

EC Arts & Handicrafts	1992-1993
EC Music & Performing Arts	1993-1994
EC History, Culture & Tours	2004-2005



Usha Jawahar

EC Philosophy & Religion	2010-2011
EC Current Events	2013-2014
MC Secretary	2014-2015
EC History, Culture & Tours	2015-2016



Anita Koshy

EC Cooking Swapshop 2005-2006
 EC Book Discussion 2014-2015
MC Treasurer 2015-2016



Buddy Mahadevn

EC Cooking Swapshop 2012-2013
 EC Health & Ecology 2014-2015
MC Secretary 2015-2016



Asha Harish Murthi

EC Current Events 2014-2015
 EC Cooking Swapshop 2015-2016

Members may nominate for all posts or only those posts they wish to nominate for.

- Chairperson : Alagu Muthu
- Members : Jyothi Ganesh
- Radha Gopalakrishnan
- Archana Meiyappan
- Cherry Venkatesan

NON-INDIANS



Jansi Kishore

MC Secretary 2009-2010
MC Vice President 2010-2011
 EC Book Discussion 2012-2013
MC Vice President 2015-2016



Nalini Panday

MC Secretary 2005-2006
 EC History, Culture & Tours 2009-2010
MC Secretary 2015-2016



Manisha Singhee

EC Cooking Swapshop 2005-2006
MC Secretary 2009-2010
MC Treasurer 2010-2011



Vicki Tippet

EC History, Culture & Tours 2015-2016



Sylvie Wright

EC Philosophy & Religion 2014-2015
 EC Music & Performing Arts 2015-2016

EC – Executive Committee (Activity Chairperson)
 MC – Managing Committee

Note: Non-Indians are all eligible. However, only the above mentioned members have agreed to be nominated.

IWA
NOMINATION FORM 2016 – 2017

I nominate

	Indian	Non-Indian
Presidents	_____	_____
Vice Presidents	_____	_____
Secretaries	_____	_____
Treasurers	_____	_____

Date: _____ Signature: _____

Name: _____
(Block letters)

Code No.: _____

Please send this to **Alagu Muthu before 3.00 p.m. on Wednesday, 9th March, 2016.**

Alagu Muthu
Chairperson, Election Committee
"BEAU RIVAGE"
97, Santhome High Road
Chennai 600 028
Tel: +91 98400 25999