

1 Tue	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee
8 Tue	10.15 ^{AM} Music & Performing Arts
10 Thu	10.15 ^{AM} Cooking Swapshop
15 Tue	10.15 ^{AM} Health & Ecology
22 Tue	10.15 ^{AM} Philosophy & Religion
25 Fri	10.15 ^{AM} Current Events
29 Tue	10.15 ^{AM} Book Discussion

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

From the Presidents

Dear Friends,

We have been receiving good wishes and encouragement from so many IWA members and we are thrilled with your approval and support. We were so happy to see so many of you at our Onam meeting at **Aruna Vijaykumar's** beautiful home, with entertainment by our lovely members. This year we are happy that our members are participating in the entertainment programmes and they are being enjoyed by all.

We celebrate **International Music Day** on October 1st which is also our Founder Nirmal Seshadri's birthday. We mark this day by honouring a young artist in her memory.

Please mark your calendars for our Deepavali celebration "**Adeep**" on Wednesday, **October 28th** at MRC Hall. We look forward to your participation in the festivities. The Khazana stall is popular due to your contributions. Please hand over your contributions in cash or kind for the Khazana stall to the Board members or Activity Chairpersons.

Our ladies are all set to visit **South Africa**. We wish all of them " Bon Voyage ". The trip to **Wayanad** has been planned in November .

A gentle reminder that attendance will close the minute the meeting starts. Please refrain from leaving before the meeting comes to a close.

ACHU KURIAN

MALINI KRISHNA

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 **Usha Jawahar** and **Vikki Tippet**

From the Membership Secretary

Guidelines for IWA Membership

Indian Members

1. An applicant must have 2 sponsors (who are well acquainted with her) and submit a brief resume of her background, interests and hobbies. The applicant should attach one passport sized photo to her resume and should have no objection to this photo being published in the IWA Newsletter. Any written and duly signed objections regarding applicants should be intimated to the Membership Secretary by **9 November, 2015**.

Badrunnisa Mahadevan
24, Park Road West
Shenoy Nagar, Chennai 600 030
Mobile No: 98843 48463.

2. In addition, the applicant in her letter should specify whether she has a relative who is an IWA member. If so, provide the name and relationship of the member/members.
3. Applications cannot be carried over to the following year and must be re-submitted each year.
4. The Membership Sub-committee makes decisions regarding membership by majority vote. The Managing Committee will ratify the new members.
5. Applicants should be made aware that a member must attend at least 10 meetings in the IWA year. A new member is expected to be a Day Facilitator at an IWA activity meeting, and contribute her time, energy and expertise. The applicant is expected to serve on the Executive Committee once she is eligible to do so.

Non-Indian Members

1. Non-Indians interested in joining IWA should contact the Membership Secretary. Applicants will be invited to attend an IWA meeting to **meet** with a Board representative. The Membership Secretary will provide the applicant with an application form once this formality is completed. Sponsors are not required for this category of membership.

2. Applicants will be admitted throughout the year depending on vacancies available. Preference will be given to those in the consular community and to those who are in Chennai on short term basis.
3. Applicants should be made aware that a member must attend at least 10 meetings in the IWA year. A new member is expected to be a Day Facilitator at an IWA activity meeting, contribute her time, energy and expertise and serve on the Executive Committee.

BADRUNNISA MAHADEVAN

From the Membership Sub-Committee

IWA REGISTERED OFFICE ADDRESS:
Traders & Traders, RA Building Annexe, First Floor,
74 Marshalls Road, Egmore, Chennai 600 008

We invite applications for new Indian members who reside within the postal zones of Chennai, including Kanchipuram and Thiruvallur districts. The procedure for sponsoring applicants is given below. Please read the instructions carefully and follow the same. Incomplete applications will not be entertained.

- a. A new applicant will have to be sponsored and co-sponsored by two active members of IWA who have been members for at least 7 years.
- b. The sponsor and co-sponsor may not have sponsored any candidate who has been accepted into IWA in the last three years.
- c. The applicant should include the following details in her bio-data:
 - Name
 - Date of birth
 - Profession
 - Designation
 - Address (residence and office)
 - Telephone Number (residence, office and mobile)

- Email ID
- Husband's name, profession and designation.
- In addition, her letter should specify whether she has a relative who is an IWA member. If so, the name and relationship of the member/members
- d. The sponsor and co-sponsor should write a covering letter introducing the candidate and giving adequate reasons why they think their candidate would be suitable for IWA. This letter should be signed by both the sponsor and co-sponsor. This letter and the biodata of the applicant are a MUST for an applicant to be considered for membership.
- e. Both the sponsor and co-sponsor should personally be well acquainted with the candidate.
- f. Members of the Managing Committee, Membership Committee and Advisory Committee may not sponsor or co-sponsor a candidate.
- g. The sponsor and/or co-sponsor must come in person to the **Madras Boat Club, Boat Club Road, Chennai 600 018 on Wednesday, October 7, 2015 between 10 am and 12 noon.**

Applications for new members will be accepted only on this date and at the place and time specified.

Candidates are NOT required to be present.

- h. The Membership Sub-Committee will scrutinize all the applications received and will inform the sponsor of the procedure to be followed thereafter.

BADRUNNISA MAHADEVAN

SAVE THE DATE

Oct 1 Thu	10.15 AM International Music Day October 1st is International Music Day and our Founder Nirmal Seshadri's birthday
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Oct 28 Wed	04.00 PM "Adeep" Deepavali Celebration Mayor Ramanathan Chettiar Centre Chennai
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IWA expresses its heartfelt condolences to the family of **Amala Emmanuel**.

May her soul rest in peace.

8 Tue

10.15 AM
E-HOTEL
 Express Avenue Mall Gate 1
 Patullos Road
 Chennai 600 002



Visions of Shakti

Shakti (Sanskrit shak, "to be able"), meaning "power" or "empowerment," is the primordial cosmic energy and represents the dynamic forces that are thought to move through the entire universe in Hinduism. Shakti is the concept, or personification, of divine feminine creative power, sometimes referred to as 'The Great Divine Mother'. She exists in creation, in destruction, in love, in loss, in sacrifice, in faith and she is also the agent of all change.

Dr. Sharanya Krishnan has been learning classical music under the tutelage of Guru Smt. Suguna Purushothaman for more than 20 years. Sharanya is gifted with a powerful yet melodious voice and a fine degree of "manodharma" (creative exploration).

Dr. Jyotsna Jagannathan, trained with A. Lakshmanaswamy, whose role in her journey has been invaluable. She is being mentored by Malavika Sarukkai.

They bring to us the "**Visions of Shakti**". This traditional dance performance has been set to verses from the Sangam Literature, Meera Bhajans and the Shiva Shakti Koothu, in a Classical/ Carnatic style especially for IWA.

We thank **Nirmal Mirza** for sponsoring the event.

We thank **Gita Chandrasekaran** for being our day facilitator.

PADMAVATHY GUNASHEKAR

SYLVIE WRIGHT

10 Thu

10.15 AM
Mana Andhra
 Yafa Building (Basement)
 24, Khader Nawaz Khan Road,
 Nungambakkam, Chennai 600 034



A Journey to Mana (our) Andhra

Conceptualised by **Chef Durga Prasad Nanduri**, native of Vijayawada, **Mana Andhra** is a restaurant and grocery combined in one. With over 10 years of experience he is the right person to take us on a culinary journey. The regions of Rayal Seema, coastal Andhra, Telangana and Hyderabad will be the areas of focus of this unique cuisine. We will be treated, as his esteemed guests, to some lost epic recipes of his family.

Chef and his team will be taking us through a demonstration of 3 of his **comeback, signature** dishes.

Dappalam - A medley of vegetables straight from chef's mother's kitchen.

Gongura Chinna Ullipaya Pulusu - A delectable combination of greens.

Kothimeera Royalu - Pan seared prawns with coriander and green chilli.

Let us together enjoy a sumptuous meal of a Mana Andhra mini bojanam at the end of the demonstration. An exciting treat awaits!!

Hearty thanks to **Chef Durga Prasad** and the team of **Mana Andhra** for hosting this meeting.

We thank **Anita Bhatia, Gita Chandrasekar, Umayal Chettyappan** and **Sheetal Shah** for sponsoring the audio-visual equipment.

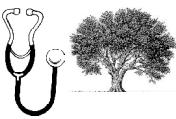
We thank **Anjana Sunil** for being our day facilitator.

ASHA MURTHI

CHUNG MEE

15 Tue

10.15 A.M
The Folly, Amethyst
 Whites Road
 Next to Corporation Bank
 Royapettah, Chennai 600 014



You, literally, are what you consume!

Having lived a lazy childhood followed by a diseased teenage and unfit early twenties, Raj made a life changing decision; now he lives and breathes health and fitness.

Raj Ganpath is a certified **Fitness Trainer** and **Nutrition Coach**. His well-known blog 'Harder. Better. Faster. Stronger' is one of the top fitness blogs in the country. He is also on the panel of experts for The Week's 'SmartLife'.

Raj Ganpath is an active public speaker who busts myths and challenges people to change the way they think about nutrition and fitness. He would talk to us about the ecosystem that created and protects us, how we have moved away from it and how we can become a part of it by making simple changes in our complicated lives.

We thank **Kanta Gupta, Shobha Hebbar** and **Renu Jalan** for graciously hosting this meeting.

We thank **Anuradha Sachdev** for being our day facilitator.

BANU SINGH

SUSHI GOKLANEY

We regret the error in the first name of our hostess for Founders Day in our August Newsletter. It should read as **Deepali Goyal** and not Deepika Goyal.

22 Tue

10.15 A.M
Amethyst
 Whites Road
 Next to Corporation Bank
 Royapettah, Chennai 600 014



An Introduction to Vedic Astrology

The force of gravity affects us whether we believe in it or not. Tides ebb and flow under the influence of the moon. Likewise, vibrations from planets and stars are said to have an impact on us.

Vedic Astrology, from ancient times, has influenced Tamil culture. It is still a living tradition here. For example, the Tamil New Year is celebrated when the Sun moves into Aries in April.

There are interesting principles of time management based on Vedic astrology in the Tamil culture. Each day of the week is ruled by a planet, as does every hour within the day.

Just as Vaastu or Feng Shui remedies change the flow of energy in space, Vedic Astrology remedies can change the flow of energy in time.

Valli Wells, a Westerner certified as a Jyothish Visharath from the K.P. Stellar Astrological Institute, Chennai, studied under Prof. K. Hariharan. She has served as Instructor in Basic Vedic Astrology at AstroVed University of Vedic Sciences (AUVS).

We thank **Rita Lal, Poonam Lalchand, Bina Mathur** and **Sindhura Mommaneni** for sponsoring the meeting.

We thank **Ritu Sahi** for being our day facilitator.

MALLIKA VENKATARAMANI

SHARON ILES

25 Fri

10.15 A.M
Amethyst
 Whites Road
 Next to Corporation Bank
 Royapettah, Chennai 600 014



Greek Tragedy

Most of us were aware of **Greece** as a sunny island nation with lots of beaches and happy people. A rich history and the oldest democracy in the world completed its tourist appeal. Suddenly, it was in the news as a debt ridden country in a rich neighbourhood.

What could have triggered this crisis? How would this affect the European Union and the world? Above all how would its own people be feeling amidst this uncertainty?

To talk to us about all this will be **Mr V K Chandrakumar**. A chartered accountant by qualification, he has been a part of the corporate world and is an entrepreneur. Above all, he has been an avid follower of current affairs for many years.

We thank **Rani Dasgupta, Raji Ramesh, Aasha Reddy** and **Sharada Reddy** for so graciously hosting this meeting.

We thank **Ritika Dingra** for sponsoring the audio visual equipment.

We thank **Lalita Naidu** for being our day facilitator.

LAKSHMI MENON

ANJALI SACHETI

29 Tue

10.15 A.M
Amethyst
 Whites Road
 Next to Corporation Bank
 Royapettah, Chennai 600 014



The Heat and Dust Project: The Broke Couple's Guide to Bharat

Is it a travelogue, a book, or an adventure?

Or is it a guide to finding answers for profound questions like - What do Israeli youths do immediately after being discharged from compulsory military service? What would you do if a stranger asks you out for dinner on top of a sand dune at Barmer? If on a nightly cruise down the Yamuna, off the ghats of Mathura, how would you look for ghosts?

Find out all this and more as the author couple - **Saurav Jha** and **Devapriya Roy** share their experiences of travelling across India on a meager 500/- rupees a day budget.

We thank **Archana Meiyappan** for being our day facilitator.

NIDHI THADANI

AMULYA RAO

"Real Education is your Attitude and Behaviour with others. It defines your entire Personality no matter how qualified you are".

Trip To Wayanad

Wayanad – Pristine, exquisite hill station of Kerala offers a breath taking vision of craggy rocks, scenic waterfalls, beautiful lakes and enchanting greenery.

To add to the serenity we stay at the exotic **Tranquil Resort**, nestled amidst the valley of Wayanad.

Places to Visit

Enjoy a plantation tour and witness interesting insights of the harvesters lives and learn the art of plucking the right leaves.

Devote the morning to explore the **Chembra Peak** and **Edakkal Caves**.

Edakkal Caves are considered to be one of the earliest centres of human habitation. The caves have ancient stone scripts that could be related to the 7000 year old cave drawings in Africa.

Visit and marvel at the ancient ruins of the **Jain temple complex** believed to have been built in the 13th Century.

Visit the largest earth dam in India – **The Banasura Sagar Dam**, undisturbed and engulfed amidst the hills. We can brave a trek or take a speed boat ride in the **Banasura lake**.

Departure: 20th Nov 2015 from Chennai

Arrival: 22nd Nov 2015

Cost : Approximately **Rs 19500.00 (+ Air fare)**

Please note the cost might vary according to the choice of room.

Last day to warn - in : 7th Sep 2015

Please note the maximum number of people is restricted to 16. Please warn - in as early as possible to get better air fare rates.

USHA JAWAHAR
9841025166

VIKKI TIPPET
8939892138

"Adeep" IWA Deepavali – Save The Date!

Adeep- IWA's Deepavali celebration will be held on Wednesday, October 28th, at MRC Hall. As always we request members to donate gifts or cash generously for the ever popular Khazana stall. We request that you kindly donate gifts with a minimum value of Rs. 200/- or higher. The gifts can be handed over to any one of the Board representatives at any meeting before October 15th, or alternatively they can be dropped off at the following members' residences :

Malini Krishna

27-F Ranjit Road
Kotturpuram
Chennai 600 085

Nabila Avais

Qasr-e-Naz
19 Kothari Road
Nungambakkam
Chennai 600 034

Badrunnisa Mahadevan

24, Park Road West
Shenoy Nagar,
Chennai 600 030

Usha Jawahar

2/75 Bonanza –I
II Cross Street, Neelankarai
Chennai 600 041

We are happy to welcome our new Non-Indian Member

Evelyn Mueller (USA)

20/4 Casuarina Drive, Neelankarai
Chennai 600 041
Email – evelynmueller@yahoo.com
Mobile No : 9003847024

Heartfelt Thanks.....

We convey our thanks to-

Nabila Avais, Tehnaz Bahadurji, Sherry Batliwala, , Rani Chada, Jo Frogbrook, Pramila Jacob, Prema Kumar, Maya Mathew and **Sushila Natraj** for the **IWA Founders day** entertainment and **Jyoti Ganesh** for the Invocation song.

Aruna Vijaykumar for graciously hosting the **Onam** celebration at her lovely home. **Latha Baratan, Usha Chandrakumar, Suma Eapen, Jansi Kishore, Anita Koshy, Prema Kumar, Thejomaye Menon, Darley Mathew, Maya Mathew, Sabina Narayan, Shanta Narayanan, Fazeela Nurdeen and Latha Rajan** for the Onam entertainment.

ACHU KURIAN

MALINI KRISHNA

Founders Day - July 24, 2015



Interesting to know

Brain Workout

Your brain is just like any other muscle in your body; it needs stretching and stimulating on a daily basis to keep it fit and happy. So, make a new resolve to shake up your synapses by learning four new things every day- these can be your friends' car license plate numbers, home addresses, a new joke, an interesting quote or a complex phone number- anything that grabs your attention. You may enjoy solving crossword puzzles, reading a book, or playing board games, for instance. The idea is to keep your brain absorbed and attentive. This will stave off mind-deadening boredom- the archenemy of happiness.

Essential influences

Use essential oils imaginatively to change the mood in a room and create the emotional atmosphere you want. Experiment with the following:

- Citrus based oils such as grapefruit, lemon, and orange to refresh, uplift, and invigorate
- Rosemary to clear the air and make you feel more alert
- Peppermint to refresh and stimulate
- Lavender to uplift, calm, and refresh
- Geranium to inspire and invigorate

Add drops of oil to bowls of dried petals or flowers, or use them in an oil burner. Or, try adding a few drops to an atomizer filled with water and spray around the room.