

**July at a glance**

<b>1</b> Fri	10.00 <sup>AM</sup> Managing Committee 11.00 <sup>AM</sup> Executive Committee
<b>4</b> Mon	10.15 <sup>AM</sup> Music & Performing Arts
<b>7</b> Thu	10.15 <sup>AM</sup> Arts & Handicrafts
<b>11</b> Mon	10.15 <sup>AM</sup> Health & Ecology
<b>14</b> Thu	<b>11.00 <sup>AM</sup></b> Philosophy & Religion
<b>19</b> Tue	10.15 <sup>AM</sup> Current Events
<b>25</b> Mon	<b>06.15 <sup>PM</sup></b> <b>Founders Week</b>

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

<b>27</b> Wed	<b>05.00 <sup>AM</sup></b> <b>Founders Week</b>
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<b>28</b> Thu	10.15 <sup>AM</sup> Book Discussion
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<b>1</b> Fri	10.00 <sup>AM</sup> Managing Committee 11.00 <sup>AM</sup> Executive Committee  <b>Savera Hotel</b> Bay 146 146, Dr. Radhakrishnan Road Mylapore, Chennai 600 004
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Meetings hosted by **Thejomaye Menon** and **Farah Bangera**

**From the Presidents**

**"It takes every single drop to make an ocean complete."**

Our theme, **the oyster shell /pearl** with the cooling Aqua blue backdrop has appealed to all. Exhilarated to hear "so happy to be receiving a pearl every month!" Your appreciation and good wishes are extremely encouraging and motivating. Thank you dear members. We look forward to your continued support.

Pearl Fellowship morning came alive with an array of beautiful hues of the deep blue sea, flowing to the rhythm of the "Melodious Dozen", thoroughly enjoyed by all. A special word of thanks to **Kiran Rao** for her generous contribution of exquisite floral decorations to enhance our pearl theme. We are grateful to our Board for surfing the sea along with us.

**Founders Week** celebration will commence with "**Sunset Jubilations**" - a presidential parade, live band, entertainment by the Past Presidents to enthral, followed by a celebration banquet, befitting the 30 glorious years gone by. The vision of our founders translates into our dream mission.

At "**Sunrise Musings**" watch the sun rising in the horizon; eternal gratitude in the form of music, dance and inter faith chanting by our members paying obeisance to all the elements that make IWA a beautiful possibility.

The **Music Committee** chaired by Ramani Reddy and ably supported by Sulochana Alexander, Gita Chandrasekaran and Kiran Rao have been entrusted with the pleasant task of identifying and honouring a budding talented musician who will be felicitated on International Music Day.

**South American Sojourn** - September 9th to 27th has been well conceived and we have been getting an overwhelming response. The numbers are restricted so do warn in ASAP to avoid disappointment.

**Our string of precious pearls - July** carries the names of the next set of 30 members who joined IWA between '86-'96 -the first decade during which, interestingly, the maximum number of members have joined IWA.

Activity Chairpersons have some excellent meetings lined up for this month. Your presence will surely be well appreciated in sustaining the excitement of our 30th year Celebrations.

NABILA AVAIS

JANSI KISHORE

**International Music Day**

We celebrate 1st of October as International Music Day in memory of our Founder, Nirmal Seshadri. Respecting her penchant for music, her family has kindly set up an endowment fund and every year a committee is formed to recognize, honour and encourage the talent of a young, promising musician.

We are pleased to announce the Music Committee for the year 2016-2017:

- Chairperson**      **Ramani Reddy**
- Member**            **Sulochana Alexander**
- Member**            **Gita Chandrasekaran**
- Member**            **Kiran Rao**

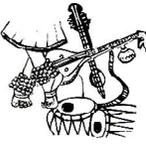
The selected candidate should preferably be under 18 years of age and should have certifications, awards and citations to his/her credit. Members are welcome to send in their suggestions and recommend prospective candidates by email to **Ramani Reddy** (**reddy\_ramani@yahoo.co.in**) or call **98400 86858** by **31st July 2016** supported by appropriate write ups.

NABILA AVAIS

JANSI KISHORE

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**Kindly contact Nabila or Jansi if you haven't received your "Pearl Fellowship Morning" gift, put together "Specially for YOU"**

<h1>4 Mon</h1>	<p>10.15 <sup>AM</sup>  <b>E Hotel</b>                  Gate No 1, Express Avenue Mall                  Patullos Road                  Chennai 600 002</p> 
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## The Rising Hero of Jugalbandhi

**Sriram Parasuram** laid his tiny fingers on his violin when he was 4 and hasn't let go of it since then. He breathed, nourished and became one with the instrument and dazzled the audience, poised and confident when he performed for the very first time at the age of 8.

As the world was moving towards the digital age, here we have a man who couldn't get enough of music; conferred with a Ph.D. in WORLD MUSIC from Wesleyan University, U.S.A.

Honoured with President of India Gold medal for Carnatic and Hindustani Music in 1981, The Bharat Ratna MS Subbalakshmi Award and The DK Pattammal Memorial Award, he has torn apart the limits for creative arts and lived his life as a dreamer would.

Witness Sriram melt you with his musical adventures, his treasured and rare findings in the ever evolving genre of Carnatic, the humming Hindustani, galloping Indian folk and the buzzing Indian film.

*THIS LEGEND WILL WALK THE STAGE AND LEAVE YOU ENTRANCED WHEN HIS VOICE AND HIS VIOLIN MEET.*

JEYASREE RAVI

JENNIFER ELDRED



Our deepest condolences to **Sangeet Chopra & Saroja Ramamrutham** on the loss of their husbands and to **Asha Murthi & Fazeela Nurdeen** on the demise of their mothers.

<h1>7 Thu</h1>	<p>10.15 <sup>AM</sup>  <b>Forum Art Gallery</b>                  No. 57, 5th Street                  Padmanabha Nagar                  Karpagam Gardens, Adyar, Chennai 600 020</p> 
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## Juxtaposing Art and Yoga

An interactive session between artist **B.O. Shailesh** and yoga instructor **Gayathre Srinath**.

**B.O. Shailesh** is a well sought after contemporary artist, living and working in Cholamandal Artists Village. He excels in the human form, and is especially fascinated by the flow of the body during yoga asanas. This inspiration finds expression in his paintings and sculptures. He will give us an on the spot demonstration of the nuances of yoga through his art work, in combination with a yoga expert who will join him in bringing the art work on view to life.

**Gayathre Srinath** is a yoga fitness expert who runs the G-3 yoga and fitness centre. She will elaborate on the nuances of yoga practice and how it enriches the body and mind, enhancing our experience of the artist's demonstration.

We thank **Shalini Biswajit** for sponsoring this event.

**Please note valet parking is available.**

THEJOMAYE MENON

FARAH BANGERA



Congratulations to **Aruna Vijaykumar** on the birth of her grandson **Rudra**.

<p><b>11</b> Mon</p>	<p>10.15 <sup>AM</sup>  <b>The Folly, Amethyst</b>                  Whites Road                  Next to Corporation Bank                  Royapettah, Chennai 600 014</p>  
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## Zorba: Your happiness and health matters to us

Zorba literally means to “Live each day.”

Zorba can help you live rather than exist, help you embrace change and also can empower you to create the life that you want.

**Sarvesh Shashi**, an avid sports-person, performer and yoga enthusiast realized at the age of 21 how yoga had changed his life and wanted to share that with other people. He opened his first Zorba studio where he wanted Zorba to be a second home to people and a place they shouldn't want to leave.

Sarvesh Shashi will be giving a talk and a light demonstration of Zorba in which we can participate – please bring your yoga mat.

We have to limit this experience to **35** members only.

Please **warn-in** with **Geeta Rajagopalan** at **98400 52899** or **Marie-Therese Trent** at **89398 12432** from **1st – 9th July** between **10 am and 6 pm** only.

GEETA RAJAGOPALAN

MARIE THERESE TRENT

<p><b>14<sup>Thu</sup></b></p>	<p><b>11.00<sup>A.M</sup></b>  <b>The Folly, Amethyst</b>  Whites Road,  Next to Corporation Bank  Royapettah, Chennai 600 014</p>	
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## “Eid Milan“

### ‘Aadaab’ and ‘Eid Mubarak’

We invite you to join us in celebrating this beautiful and blessed ‘Eid’.

“**Eid-ul-Fitr**” is celebrated at the end of the customary fasting during the month of Ramzan. “Eid” is an Arabic word meaning “Festivity”, while “Fitr” means “to break the fast” and symbolizes the breaking of the fasting period.

May this Eid bring us together once again to share our love, strengthen our bonds of friendship and remind us to give praise for all our graces and bounties.

This is a **members only** meeting.

We thank our gracious hostesses:

**Zubeida Asgarali, Nabila Avais, Fakhira Ayer, Syeda Farah Bangera, Rehana Yavar Dhala, Zainab Kachwalla, Thayabae Kakar, Raheela Kareem, Sadiya Khaleel, Mahin Rabi Khaleeli, Badrunissa Mahadevan, Farida Majid, Bilkis Moosa, Fazeela Nurdeen, Mahvash Sait, Seema Sait, Fharzana Siraj, Naaz Tyebbhoy.**

BHARATHI SURESH

AMULYA RAO

<b>19</b> Tue	<p>10.15 <sup>AM</sup></p> <p><b>Hanu Reddy Residences</b>                  39/28, Binny Road                  Poes Garden, Chennai 600 086</p>	
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## Multitasking and Mindfulness

**Ruchi Mohunta** is a teacher, administrator, psychologist, corporate trainer, Pranic healer, adventure camp organiser, and of course, daughter, wife, daughter-in-law, mother, friend, neighbour and still beyond that, chief cook and bottle washer and general dogsbody too, as all us women moan about being.

So many hats, so little time, how does anything ever get done?

Ruchi can teach us some simple steps to help weave our way through the forest of daily to-do lists, chores and responsibilities, to the quiet and peaceful seat at the centre.

TEHNAZ BAHADURJI

SHOBHA JESUDASEN

**"Happiness is a perfume. You can't pour it on somebody else, without getting a few drops yourself."**

**"Happiness is the innate secret to beauty. There is no beauty without Happiness."**

**"Whatever you decide to do, make sure it makes you Happy and Smile."**

<b>25</b> Mon	<p>06.15 <sup>PM</sup></p> <p><b>Crowne Plaza Chennai Adyar Park</b>                  132, TTK Road, Alwarpet                  Chennai 600 018</p>	
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## Sunset Jubilations



**Congratulations and Celebrations**  
**We want the World to know how Happy we are Today**

Same day, 30 years ago, a group of visionary ladies envisaged an amazing idea...little realising it would evolve into a completely fascinating capsule of uniqueness- the much sought after "glossy laminate" - IWA.

Every bygone year has unfolded its own glorious charm weaving together realms of perfection as our **Founders** and **Past Presidents** excelled in their pursuits of begetting the IWA that it is today.

Do join in our special event **"Sunset Jubilations"** and watch the three decades come alive as we all gather to rejoice and express solidarity in sharing our admiration and love for IWA - a wonderful never ending journey of smiles and laughter, caring and sharing, fun and frolic.

Appreciate with thanks the continued gracious hospitality of **Vijay Goyal, Chandra Seoni** and **Deepali Goyal** and for kindly hosting this evening for us.

**Please be seated by 6.45 p.m.** This programme for **members only** will begin at **7.00 p.m.**

NABILA AVAIS

JANSI KISHORE

THE BOARD

<b>27<sup>Wed</sup></b>	<p><b>05.00 A.M</b>  <b>Kalakshetra Foundation</b>                  18, Kalakshetra Road                  Thiruvanmiyur                  Chennai 600 041</p>	
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## Sunrise Musings



Immense gratitude fills our hearts, as we surround ourselves with divine joy, letting it flow into all that we know... the peace and tranquility of early morning heralding yet another new beginning.

Come experience the seaside set up at the Kalakshetra Foundation, defining calmness as musical notes and rhythmic chanting of various faiths fill the air engulfing your very being with serenity.

Surya Namaskarams and various classical dance forms performed to offer salutations to the rising sun in the horizon of the Bay of Bengal bearing testimony to promises of a bright enduring future ahead.

Our unique event, **Sunrise Musings** as IWA continues to gallantly march forward, embracing the fresh fragrance of Hope.

Our heartfelt thanks to **Kalakshetra Foundation** for kindly providing their beautiful premises and graciously hosting this event.

Dress code... **White**...colour of the **Surf**.

### Breakfast will be served.

Please be seated by **5.20 a.m.** We will start at **5.30 a.m. sharp.**

This is a **members only** meeting.

NABILA AVAIS

JANSI KISHORE

THE BOARD

<b>28<sup>Thu</sup></b>	<p>10.15 A.M  <b>The Folly, Amethyst</b>                  Whites Road                  Next to Corporation Bank                  Royapettah, Chennai 600 014</p>	
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## Maharanis: Royal Women of India

Although Indian royalty have in the past formed the subject of several publications, the emphasis of these have always been centered around the figure of the male ruler, or the Maharaja. As a counterpoint to these narratives, **Maharanis: Royal Women of India**, focuses on the Maharanis and other royal women of erstwhile Princely India.

Unpeeling several layers, this book looks at these alluring figures who sported chiffon sarees and exquisite jewellery, featured in Vogue lists and were touted as fashion icons — as voices from the past that history, and we, have seldom paid attention to.

Despite the availability of this material, the status of women within the discourse of royal portraiture is a relatively under-examined subject. Serving as windows into a time of great political and social change, the photographs allow us to map the transforming modalities and conditions of the princely class, and its complex relationship with colonialism and the British Empire.

Reproducing over a hundred photographs, some of them for the very first time, this volume will be the first significant photographic publication of its kind.

Join **Vidya Singh** and **Abhishek Poddar** as they bring to life the stories of the various royal women featured in the book.

We thank **Vidya Singh** for hosting this event.

HEMU RAMAIAH

EVELYN MUELLER

**Change of Address**

**Amulya Rao**

17/10 ABM Crescent  
Boat Club  
RA Puram  
Chennai 600 028  
Landline: 044- 2434 8147/  
044-2434 8140

**Masako Maruyama**

8D, Rosemere  
18/30, Harrington Road  
Chetpet  
Chennai 600 031

**Mahin Rabi Khaleeli**

C/o Mr Maaran  
A Block No.105  
T.V.H. Park Villa, Vinayaga Nagar  
Thoraipakkam  
(Near Chennai One IT Park)  
Chennai 600 097

**Pearl Fellowship Morning**



**Pearl Fellowship Morning**



## *Our String of*

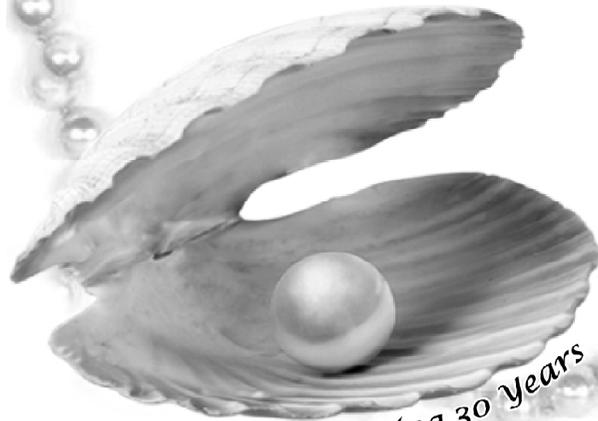
*1986 - 1996*

<i>Umayal Chettyappan 1996</i>	<i>Renuka Iswariah 1994</i>
<i>Sushi Goklaney 1986</i>	<i>Geetha Tyengar 1989</i>
<i>Vijay Goyal 1991</i>	<i>Premila Jacob 1989</i>
<i>Shobha Hebbar 1988</i>	<i>Renu Jalan 1986</i>
<i>Asha Hemdev 1990</i>	<i>Meera Jayakar 1986</i>
<i>Sherna Irani 1995</i>	<i>Srikanta Jhaver 1991</i>

## *Precious Pearls*

*JULY-2016*

<i>Zainab Kachwala 1988</i>	<i>Anita Koshy 1995</i>
<i>Rupa Kadhiresan 1989</i>	<i>Surekha Kothari 1986</i>
<i>Era Kabra 1993</i>	<i>Malini Krishna 1990</i>
<i>Brahada Kameshwaran 1992</i>	<i>Nanditha Krishna 1986</i>
<i>Shanti Karunakaran 1995</i>	<i>Lalitha Krishnan 1986</i>
<i>Sadiya Khaleel 1993</i>	<i>Gayatri Krishnaswamy 1996</i>
<i>Bela M Khaleeli 1989</i>	<i>Rita Lal 1995</i>
<i>Mahin R Khaleeli 1988</i>	<i>Koshu Lalchand 1993</i>
<i>Sharda Khemka 1989</i>	<i>Poonam Lalchand 1987</i>



*Celebrating 30 years*