

# Executive Committee

2017 - 2018

## Managing Committee

Presidents	Badrunnisa Mahadevan Farah Bangera	2626 2885 / 98843 48463 80562 79520
Vice Presidents	Usha Jawahar Mahvash Sait	98410 25166 2829 0329 / 98406 24875
Secretaries	Nidhi Kapoor Thadani Anjali Sacheti	4203 0842 / 89390 76660 4206 9726 / 98840 56000
Treasurers	Jeyasree Ravi Manisha Singhee	2432 3334 / 92821 05070 2499 1482 / 98410 35003

## Activity Chairpersons

Arts & Handicrafts	Sharmilee Nielsen Caroline Vang Kristensen	94446 86630 89398 08462
Book Discussion	Hemu Ramaiah Gowri Visvanathan	98412 89637 2433 2627 / 98840 68888
Cooking Swapshop	Sheetal Parakh	2836 3123 / 98400 27222
Current Events	Jasmine Kabrajee Sanyukta Gill	2836 1055 / 98407 41900 4210 1513 / 98404 15677
Health & Ecology	Tulsi Reddy Shobha Jesudasen	2827 4169 / 98401 70863 2447 4650 / 98400 22610
History, Culture & Tours	Preeya Reddy Rigmor Ekstrand	2499 1050 / 99402 11120 95000 31499
Music & Performing Arts	Sadiya Khaleel Masako Maruyama	98840 50686 90436 10866
Philosophy & Religion	Ritu Sahi Catherine Reddy	2819 0799 / 93828 81478 73583 87519

## 6 Nutrients Women Need Most

- **Vitamin B6** – Regulates mood, appetite & sleep. (Fish, beef liver, corn, dried beans, peas, potatoes, sweet potatoes....)
- **Vitamin B12** – Fights fatigue & improves alertness – Brain food. (Meat, fish, eggs, milk, yogurt, cheese...)
- **Folate** – Prevents brain & spinal defects in first weeks of pregnancy & lowers risk of colon & breast cancer. (Oranges, papaya, grapefruit, grapes...broccoli, spinach, chickpeas....)
- **Vitamin D3** – strengthens bones, teeth, muscles and protects against autoimmune diseases, breast & ovarian cancer. (Mushrooms, ricotta cheese, eggs, soy milk...)
- **Calcium** – Reduces PMS symptoms and maintains blood pressure. (Milk, yogurt, cheese, kale, collard greens, broccoli, spinach....)
- **Iron** – Proper brain function, boosts energy levels, prevents anemia. (Red meat, pork & poultry, sea food, beans, dark green leafy vegetables, dried fruits & raisins...)

**'A woman is like a tea bag - you never know how strong she is until she gets in hot water' – Eleanor Roosevelt**

<b>3</b> Mon	10.00 <sup>AM</sup> Managing Committee 11.00 <sup>AM</sup> Executive Committee	
<b>4</b> Tue	10.15 <sup>AM</sup> Current Events / Music & Performing Arts	
<b>11</b> Tue	10.15 <sup>AM</sup> Health & Ecology / Book Discussion	
<b>13</b> Thu	10.15 <sup>AM</sup> Cooking Swapshop	
<b>18</b> Tue	10.15 <sup>AM</sup> History, Culture & Tours	
<b>20</b> Thu	<b>11.00 AM</b> Philosophy & Religion	
<b>25</b> Tue	<b>10.30 AM</b> <b>Founders Day</b>	
<b>27</b> Thu	10.15 <sup>AM</sup> Philosophy & Religion	

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

### From the Presidents

**"And now we welcome the new year, full of things that have never been" – Rainer Maria Rilke**

Our heartfelt gratitude to our dear members for ushering a wonderful start of a new IWA year at the **Fellowship Morning**. The lovely shades of green came as a soothing visual relief after a blazing hot summer. Your presence made it nostalgic, resonating with camaraderie & friendship. **Nancy Drew**, our Founder and Past President, sharing the morning with us was incredibly special. A huge thank you to our Managing and Executive Committees for their diligence & commitment in making the morning a memorable one. A special thank you to **Sheetal Parakh** for decorating the ubiquitous money plant to look so impressive.

We celebrate **Founders Day**, this year, on Tuesday 25th July. The little seed sowed by our Founders has grown into a vibrant organisation of prestige and stature that IWA is today. We celebrate this vision by paying our respects and appreciation to our Founders and Past Presidents. Your participation on that special day will make it significant for us.

The **Music Committee** this year chaired by Javanthi Singaram will be ably supported by Latha Baratan, Pushpa Lakshman and Amulya Rao. They will perform the important task of identifying and honouring a young musical talent who will be felicitated on **International Music Day**.

**Jewels of the Adriatic** from September 3rd to 15th has been meticulously planned for you to discover medieval castles and the sapphire waters of the Adriatic sea to soothe you as we travel through Slovenia and Croatia. Do sign up soon to avoid disappointment.

**July** has some excellent meetings organised by our very enthusiastic and able Activity Chairpersons. We look forward to seeing you all.

BADRUNNISA MAHADEVAN

FARAH BANGERIA

## International Music Day

International Music Day, which falls on 1st October, is also the day when we remember and honor our Founder Nirmal Seshadri and her love for music. Towards this, her family has set up an endowment fund and each year a committee is formed for the specific purpose of recognizing a young and talented musician.

The Music Committee for the year 2017 – 2018 comprises the following members:-

<b>Chairperson</b>	<b>Javanti Singaram</b>
<b>Member</b>	<b>Latha Baratan</b>
<b>Member</b>	<b>Pushpa Lakshman</b>
<b>Member</b>	<b>Amulya Rao</b>

The selected candidate should preferably be under 18 years of age and should have certifications, awards and citations to his/her credit. Members can send in their suggestions and recommend prospective candidates by email to **Javanti Singaram** (javantss@gmail.com) or call **9500071425** by **31st July 2017**, supported by appropriate write ups.

BADRUNNISA MAHADEVAN

FARAH BANGERIA

**3 Mon**

10.00 AM Managing Committee  
11.00 AM Executive Committee  
  
**Sheetal Parakh's Residence**  
6, Tarapore Avenue  
Harrington Road, Chetpet  
Chennai 600 031

Meetings hosted by **Sheetal Parakh**

## Current Events / Music & Performing Arts

**04 Tue**

10.15 A.M  
**My Fortune**  
10, Cathedral Road  
Chennai 600 086



## All the world's a stage!

The phenomenal Padma Bhushan awardee couple **The Dhananjayans** have a glorious six decade experience in Bharatanatyam. They have been recognized by various bodies for their outstanding contribution towards preservation and popularization of Bharatanatyam through their premier dance school BharataKalanjali.

Their passion is dancing. However, come meet the "cool couple" in their new avatar as Asha and Bala in the recent Vodafone Supernet 4G campaign – which was aired throughout the IPL season and brought them unexpected fame. They zoomed on a motorbike in Goa, got a tattoo....

Let us hear them to know if acting in the advertisement is an extension of their dancing skills or have they left their comfort zone to explore a new adventurous avenue.

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

JASMINE KABRAJEE  
SANYUKTA GILL

SADIYA KHALEEL  
MASAKO MARUYAMA

**11** Tue

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



## A Jungle Journey

From being a local Chennai boy to becoming a naturalist in the jungles of Central India, the journey of **Surya Ramachandran** has been a fascinating one. After graduating from engineering, a tour in the Satpura Tiger Reserve changed his life and led him to follow his passion for wildlife and become a full time naturalist.

His interests expand to all types of life forms, especially the lesser fauna of the region and their micro habitats. His enthusiasm led to pioneering Central India's first walking safari, canoeing, wilderness camping and night rides at Satpura.

Later, Surya moved to Kanha where he co-authored his unique book titled **Photographic field guide Wildlife of Central India** with David Raju.

Join us for a firsthand encounter of Central India's rich flora and fauna with Surya Ramachandran.

We thank **Urmila Devi Prakash** for being our day facilitator.

TULSI REDDY  
 HEMU RAMAIAH

SHOBHA JESUDASEN  
 GOWRI VISVANATHAN

**13** Thu

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



## For the love of Baking and Dessert making!

From home baker to published author, our very own IWA Past President **Achu Kurian's** desserts are making news. Born into a family of food lovers, she began following her mother around the kitchen from a very young age and never let go of this love for food. Achu Kurian thus, has gained over thirty years of experience in this field. Her love for food and cooking has evolved into this recently published wonderful book **Cakes, Desserts & More** with a wide range of recipes.

What better way to start this IWA year than on a sweet note with a baking demonstration from the Master Chef herself! Join us as she recreates some of her favourites from the book and shares some of her tricks and tips of cooking and baking.

Come, savour these delicious treats in person.

**"Life is short, eat dessert first!"**

We thank **Sabina Narayan** for being our day facilitator.

SHEETAL PARAKH

18 Tue

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



## A Brief History of the Dravidian Movement

**Dr Palanivel Thiagarajan**, MLA (Madurai Central), is a 4th generation member of the Century-Old Dravidian movement. A former Engineer, Consultant, Derivatives Trader and Investment Banker he will touch upon the movement's Economic, Religious and Social principles and policies and their evolution over the past century.

Currently he has taken part in several debates in the Tamil Nadu Assembly proceedings noticeably the one on the budget.

Discover facts that will shed light on the Dravidian Movement.

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

PREEYA REDDY

RIGMOR EKSTRAND

---

Our heartfelt condolences to **Nidhi Kapoor Thadani** on the loss of her father in law.

20 Thu

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



## “Eid Mubarak “

**Eid** – a time to look up and enjoy the magnificence of the moon, to experience the essence of the bounties of Allah, a time to bend in prayer for the betterment of mankind and to enjoy the sweet fragrance of the happiness that only friends and family can bring.

We invite you to join us in celebrating this beautiful and blessed 'Eid'!

May this, once again, bring us together to share our love, strengthen our bonds of friendship, remind us to give praise for all our blessings and above all for peace on this earth.

This is a **members only** meeting.

We thank **Farida Majid** for being our day facilitator.

We thank our gracious Hostesses:

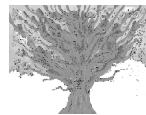
**Zubeida Asgarali, Nabila Avais, Fakhira Ayer, Syeda Farah Bangera, Rehane Yavar Dhala, Zainab Kachwalla, Thayabae Kakar, Raheela Karim, Sadiya Khaleel, Badrunnisa Mahadevan, Farida Majid, Bilkis Moosa, Fazeela Nurdeen, Mahvash Sait, Seema Sait, Fharzana Siraj, Naaz Tyebbhoy.**

RITU SAHI

CATHERINE REDDY

**25** Tue

**10.30 A.M**  
**Crowne Plaza Chennai**  
**Adyar Park**  
 132, TTK Road, Alwarpet  
 Chennai 600 018



## Founders Day

'From a little acorn, a mighty oak grows...' the seed to this mighty oak was sown on the 25th of July 1986 by seven visionary ladies – **Nirmal Seshadri, Nancy Dean, Lakshmi Padmanabhan, Saroja Ramamrutham, Sunita Sahaney, Anneliese Hazari and Reva Singh.** Their vision is what **IWA** is today - an eclectic organisation of distinction and fame.

On this legendary day let us honour our Founders and all our Past Presidents who initiated and developed this marvellous association with fun and revelry in the true spirit of bonhomie followed by lunch.

Come dressed in your favourite **shades of pink.**

A very warm thank you to **Vijay Goyal, Chandra Seoni and Deepali Goyal** for most graciously hosting this meeting and for their continued and unstinted support.

This is a **members only** meeting.

BADRUNNISA MAHADEVAN

FARAH BANGERNA

THE MANAGING AND EXECUTIVE COMMITTEES

**27** Thu

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



## Date with the Stars!

A morning with **M.S. Shivakumar** who researches and practises astrology as his passion, and also is a Learning and Development professional. He has served at the top level in L&D department of Fortune 500 companies across the globe. An astrologer by choice much sought after by our Bollywood and Kollywood stars. He strongly believes that the principle of astrology is to "Make things happen" rather than "Watch things happen". Make use of **astrology as a tool** such that it provides guidance to maximize growth and success and minimise loss or distress. It helps you to be at the right place at the the right time with the right people, with the right health and the right intention, guided by the right Guru or God Almighty.

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

RITU SAHI

CATHERINE REDDY

## Change of Address

### Rukku Seshasayee – S 12

J 503, Central Park 1  
 Golf Course Road  
 Gurgaon 122 009  
 Haryana  
 Mobile: + 91 98400 84270  
 Landline: 0124 4746244

### Surekha Kothari ( K 16)

"The Art" T3, 5th floor  
 28 & 29, Kothari Road  
 Off Sterling Road  
 Nungambakkam  
 Chennai 600 034

---

## Tips to Boost Your Mental Health

- 'You don't have to see the whole staircase, just take the first step'- Martin Luther King Jr.  
 Think of something in your life you want to improve and figure out what you can do to take a step in the right direction.
- Work your strengths. Do something you are good at to build self-confidence, then tackle a tougher task.
- Keep it cool for a good night's sleep. The optimal temperature for sleep is between 60° and 67° Fahrenheit.

## Fellowship Morning

