

# Executive Committee

2017 - 2018

## Managing Committee

Presidents	Badrunnisa Mahadevan Farah Bangera	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 Jesudasan	2827 4169 / 98401 70863 2447 4650 / 98400 22610
History, Culture & Tours	Lakshmi Menon Rigmor Ekstrand	2621 6213 / 98404 41623 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

## Here's why you should eat....

### Jackfruit-

The potassium content in jackfruit helps prevent high blood pressure and subsequently heart attack and stroke.

Vitamin C and E present in jackfruit helps strengthen the immune system. It protects against cancer as it is rich in phytonutrients, which contain anti-cancer and anti-ageing qualities.

It boosts your overall energy levels due to the presence of glucose and fructose. It has no cholesterol in it.

Copper present in it helps maintain normal thyroid and increases metabolic rate.

Iron content helps against anemia.

Its anti-ulcer properties cure ulcers and also the fiber helps prevent constipation.

Vitamin A in jackfruit helps maintain a clear skin and good eye sight. It is also high in calcium and prevents bone loss.

### Kiwi-

It boosts your immune system and increases the absorption of iron.

It is full of phytonutrients that repair DNA and protect against cancer.

It is loaded with folic acid that enhances red blood cells during pregnancy.

It prevents hardening of arteries and enhances cardiovascular health.

It has a lot of Vitamin C that keeps your hair, teeth, nails and skin healthy.

### Avocado -

Avocado is beneficial in nephritis or kidney ailments as it has very less protein content.

It removes putrefactions in the intestines that cause bad breath and coated tongue.

Avocado oil is an indispensable part of moisturizers, cleansers and anti-ageing creams.

Eat avocado along with ripe papaya to relieve hyperacidity, colitis and duodenal ulcer.

Avocado oil is effective in treating psoriasis.

**Cheers to good health and signing off with this food for thought..**

**'Wellness encompasses a healthy body, a sound mind and a tranquil spirit. Enjoy the journey as you strive for wellness.'** –

**Laurette G Beaulieu**

<b>1</b> Thu	10.00 <sup>AM</sup> Managing Committee 11.00 <sup>AM</sup> Executive Committee	
<b>5</b> Mon	<b>11.00 <sup>AM</sup></b> Endowment Lecture	
<b>8</b> Thu	10.15 <sup>AM</sup> Arts & Handicrafts	
<b>13</b> Tue	10.15 <sup>AM</sup> Music & Performing Arts	
<b>15</b> Thu	<b>04.00 <sup>PM</sup></b> Current Events	
<b>20</b> Tue	10.15 <sup>AM</sup> Health & Ecology	
<b>23</b> Fri	<b>04.15 <sup>PM</sup></b> <b>Grand Finale</b>	
<b>27</b> Tue	<b>11.00 <sup>AM</sup></b> <b>Wellness Conclave</b>	
<b>28</b> Wed	10.15 <sup>AM</sup> Book Discussion	

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

**From the Presidents**

Just as few of us are still reminiscing the experience of having unraveled the hidden cultural treasures of Odisha, March is upon us and we are at the end of the IWA year.

Our **Endowment Lecture** is on the **5th of March** at the Museum Theatre. The **Grand Finale** is slated for the **23rd of March** at the ITC Grand Chola, an evening of merriment & humor is on the cards. In keeping with our wellness theme, we conclude with another informative and engaging **'Wellness Conclave'** on the **27th of March**. We eagerly look forward to seeing all of you at every meeting so meticulously planned for you by our Activity Chairpersons.

The Election Sub-Committee has prepared a list of candidates for election the Managing Committee for 2018-2019. 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 in your completed **nomination forms** to **Sushi Natraj**, Chairperson, Election Sub-Committee by **Thursday, 08th of March**.

The **AGM** will be held on **Thursday, 26th of April**. 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 can't thank you enough for all your support and encouragement throughout the year.

We look forward to seeing you at our March meetings.

BADRUNNISA MAHADEVAN

FARAH BANGERA

<b>5</b> Mon	10.30 AM <b>Government Museum Theatre</b> Pantheon Road Egmore Chennai 600 008
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## A brief History of an Aspirational Profession: Engineering in India

There has been a spectacular proliferation of Engineering Programs in India in the 21<sup>st</sup> Century. There is a perception that a degree in engineering is a mark of prestige and a ticket to a good life.

But the cult of the engineer has its roots in a much older back story- the story before the arrival of the “Indian Techie” who is today employed all over the world

At this year's **Endowment lecture, Dr Aparajith Ramnath** discusses the culture and the organization of engineers in the first half of the 20<sup>th</sup> Century. The period between 1900 and 1947 saw the birth of what was to become a very Indian profession.

Aparajith Ramnath is a Historian of science, technology and business. His first book “A History of Engineers in India-1900 to 1947” has just been published. He is currently a Faculty member of Humanities and Management at Ahmedabad University. From 2013 to 2017, he was Professor at IIM Kozhikode.

He did his PhD on History of Science, Technology and Medicine from Imperial College, London (Hans Rausing Scholar). He completed his M.Sc. in History of Science, Medicine and Technology at the Oxford University (Bharat Petroleum Scholar) and his B.E. (Hons) in Electronics and Electrical Engineering from BITS Pilani. He is also a linguist and plays the piano.

The meeting starts at **11.00 am**.

**We request everyone to be in their seats by 10.45am.**

We thank **Rani Dasgupta** for being our Day Facilitator

LAKSHMI MENON

RIGMOR EKSTRAND

<b>8</b> Thu	10.15 AM <b>Craft Education And Research Centre</b> <b>Kalakshetra Foundation</b> Kalashetra Road, Thiruvanimiyur Chennai 600 041
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## Gorgeous Drapes to fascinate!

**The original Kalakshetra sari**, with its distinct green and oil mustard yellow hues, made famous by Rukmini Devi Arundale has been lost over time. Master weavers, craftsmen and textile experts were sourced to recreate this traditional version of the sari, using techniques prominent almost a century ago. The **'korvai'** a complex technique used to interlace the borders with the body of the sari and is done by two weavers, while the dyeing process needs two more people.

**Kalamkari**, which literally means 'pen work' are paintings done on textile with vegetable or natural dyes with the only tool used for this intricate work being the **'kalam'** a thin bamboo stick sharpened to a point like the nib of a pen.

Kalakshetra Foundation reinvented the **'kodali karuppur'** saree which evolved under the patronage of the Maratha rulers of Tanjore. This art would have joined the ranks of crafts that have slipped into obscurity until Kalakshetra Foundation decided to change the situation.

Come, listen and feast your eyes on the eponymous silk sari, a fabric weighted by history and tradition in its wrap and weft, besides the Kalamkaris in the Srikalahasti and Masulipatnam traditions.

We thank **Usha B Moorthy** for being our day facilitator.

SHARMILEE NIELSEN

CAROLINE VANG KRISTENSEN

<b>13</b> Tue	<p>10.15 AM  <b>Amir Mahal Durbar Hall</b>                  Bharathi Salai                  Royapettah, Chennai 600 014</p> 
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## Trivia Morning!

Hailing from the House of Arcot, **Nawabzada Mohammed Asif Ali** is involved in many social, cultural, educational and religious institutions. He is an avid Quiz Master and conducts trivia events at competitive levels on various topics.

Ladies, come prepared for a fun filled 'Trivia Morning'. The questions will be of oral, live music and audio visual covering different genres to make sure that the entire event is energetic and enthusiastic.

We thank **Rita Lal** for being our day facilitator.

SADIYA KHALEEL

MASAKO MARUYAMA

Our heartiest congratulations to **Lakshmi Viswanathan** on receiving **The Kalidas Samman award** at the Khajuraho Dance Festival from the Govt. of Madhya Pradesh.

<b>1</b> Thu	<p>10.00 AM Managing Committee                  11.00 AM Executive Committee</p> <p><b>Manisha Singhee's Residence</b>                  10, "Paxina", Bishop Waller's Avenue                  C.I.T. Colony, Chennai 600 004</p>
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Meetings hosted by **Jeyasree Ravi** and **Manisha Singhee**

<b>15</b> Thu	<p><b>04.00 PM</b>  <b>The Folly, Amethyst</b>                  Whites Road                  Next to Corporation Bank                  Royapettah, Chennai 600 014</p> 
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## The Diplomacy of International Business

**A. K. Tareen** is the Founder Chairman of AKT Strategic Consulting LLP. He has an experience of over 3 decades in facilitating international trade & investments, building brands & business strategies, setting up new operations for global corporations and promoting bilateral ties between governments.

His company represents foreign governments, businesses and brands in India, Australia, the Middle East and Europe.

Tareen will speak on the balancing act that results in a successful collaboration between all stakeholders in spite of having to walk a tight rope between handling governments and businesses.

Our speaker presently advises governments of Australia, The Sultanate of Oman & the Government of Bosnia & Herzegovina in India. His experience, thus allows him to smoothly navigate the complex waters of business and diplomacy.

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

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

JASMINE KABRAJEE

SANYUKTA GILL

<h1>20<sup>Tue</sup></h1>	<p><b>04.00 PM</b>  <b>The Folly, Amethyst</b>                  Whites Road                  Next to Corporation Bank                  Royapettah, Chennai 600 014</p>	
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## Life Renewal: A Second Chance!

**Dr. Anil Vaidya** is a world-renowned multi-organ transplant surgeon with a varied clinical and academic portfolio. He has been a Consultant Surgeon at Oxford University Hospitals for 12 years, and under his leadership the Oxford Transplant Center is now by far the largest pancreas transplant center in the world.

Dr. Vaidya holds many firsts in the areas of kidney, intestinal, and visceral organ transplants, and remains one of the few surgeons in the world who has done over 1000 pancreas transplants. In addition, he has also set up transplant centres in many developing countries.

Join us, to hear the acclaimed him talk about the facts and bust the myths surrounding organ transplants and organ donation.

We thank **Asha Hemdev** for being our day facilitator.

TULSI REDDY

SHOBHA JESUDASEN

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Our heartfelt condolences to **Aruna Vijaykumar** on the loss of her brother.

<h1>23<sup>Fri</sup></h1>	<p><b>04.15 PM</b>  <b>ITC Grand Chola</b>                  63, Mount Road, Guindy                  Chennai 600 032</p>	
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## Grand Finale!

It's curtains down on a marvelous year filled with education, recreation and wellness.

The **IWA Board** is delighted to invite you to the closing event of the year, **The Grand Finale**.

Please join us as we celebrate the year with a fun filled evening full of humour and specially curated high tea. **Standup Comedienne Anu Menon** adds to the soiree her brand of humor.

Befitting to the event we request you to come dressed in the **color red** - which denotes high energy, intensity, strength and passion - everything that we have worked with in putting this year together for you.

**4.15 – 5.15 pm : Fellowship**  
**5.15 pm : Entertainment**

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

BADRUNNISA MAHADEVAN

FARAH BANGERA

THE BOARD

<h1>27<sup>Tue</sup></h1>	<p><b>11.00 AM</b>                  Madras Club                  8, Adyar Gate Club Road                  R. A. Puram                  Chennai 600 028</p>	
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## Wellness as We Age

**“If I’d known I was going to live this long, I’d have taken better care of myself.”** These are the words of Eubie Blake, the famed ragtime composer and pianist who was then still performing at the age of 99, the year before his death.

People today can expect to live longer than ever before. Getting older can bring on a new set of health challenges. By being aware of these common chronic conditions, we can take steps to maintain wellness as the years go by. We have brought together two experts to educate us on how we can prepare ourselves physically, for successful ageing.

**Dr SubashRao** is a popular Physician practising in Chennai. He did his Undergraduate medical training in Sri Ramachandra Medical College, Chennai and Post-graduation from Kasturba Medical College, Manipal. He trained for several years in the UK and obtained his MRCP (UK). His work covers general medical care and his areas of special interest include intensive care and fitness.

**Dhananjai Golla** is a martial arts expert and a well known fitness instructor in Chennai. His many varied interests also include sport fishing and equestrianism. He will provide information on different exercises that can help stave off disability and improve strength.

A huge thank you to **Nirupa Sundaravadanan** for conceiving and leading this event along with **Vidya Singh**.

**This meeting will be for an hour followed by lunch.**

BADRUNNISA MAHADEVAN

FARAH BANGERA

THE BOARD

<h1>28<sup>Wed</sup></h1>	<p>10.15 AM  <b>The Folly, Amethyst</b>                  Whites Road                  Next to Corporation Bank                  Royapettah, Chennai 600 014</p>	
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## Poonachi, Or The Story of a Black Goat ...

**Poonachi** is not just the story of a goat, it is an expression of solidarity with the animal world and the female condition. It is also a commentary on our times, on the choices we make as a society and a nation, and the increasing vulnerability of individuals, particularly writers and artists, who opt to resist rather than submit.

As you follow her story from forest to habitation, independence to motherhood, you recognize in its significant moments the depth and magnitude of your own fears and longings, fueled by the instinct for survival that animates all life. Both masterly and nuanced, the author makes us reflect on our own responses to hierarchy and ownership, selflessness and appetite, love and desire, living and dying.

**Perumal Murugan** is the author of six novels, four collections of short stories and four anthologies of poetry in Tamil. This is his first work after his return to writing. His book **One Part Woman** was at the centre of a raging controversy, and his reaction to this, was to say that Perumal the writer is dead. It was an act that shocked readers and evoked strong empathy for the plight of the writer.

We thank **Kashmira Daruwala** for being our day facilitator.

HEMU RAMAIAH

GOWRI VISVANATHAN

## Incredible Odisha !

16 of us eager travellers set out on February 2nd for the first leg of our Odisha tour. Samar - our guide and escort took us to the Mayfair Hotel where we were welcomed with colorful garlands. After a brief rest we set out for the Lingaraj Temple built in the 11th century and said to be the quintessence of Kalinga architecture. It is the largest temple in Bhuvaneswar and is dedicated to Lord Siva in the form of HariHara a combination of Siva and Vishnu. The central tower is 180 ft. tall with magnificent carvings.

We visited a sari shop specializing in Odissi saris. The owner showed us a loom and a demo of the intricate & labour intensive art of weaving process known as Ikkat. The end result is stunning, and we were spoilt for choice among the array of gorgeous saris and fabrics in resplendent colors and combinations.

In the evening we were taken to the Dhauli hill area -the battlefield of the Kalinga war, to be treated to an excellent Sound and Light show at the Shanti Pagoda that was built by the Japanese. It showed the glory of Kalinga, and the transformation of Asoka. The edicts of Asoka can be seen nearby.

Next morning we clambered up the Udayagiri rock cut caves of the 1st c, the abode of the Digambar or sky clad Jains. These shelters were cut so that one side was at a slightly higher level so as to be used as a pillow! The more adventurous among us went to the Khandagiri caves that are situated opposite. It had many paintings and illustrations.

We drove on to the Muktheswara temple- an exquisite 10th century Siva temple which is considered a gem of Oriya architecture. It has an elaborate torana or archway.

The road to Puri was very good like most of the other roads that we had driven on. After checking in at the hotel there we took cycle rickshaws to the Jagannath Temple. The rickshaws were rather rickety and in urgent need of repair but we felt good that we were doing something helpful. The area outside the temple was very lively with vendors selling everything from Oriya sweets to craft items.

The Jagannath Temple is the very heart and soul of Puri. The 11th century temple is dedicated to Vishnu in the form of Jagannath. He is worshipped in a trinity with sister Subhadra and brother Balarama. The idols are made of wood from a special tree and replaced every 12 years in a secret ceremony. Their appearance has a distinct tribal influence. A special darshan was arranged for us so we were able to have unhindered access. The temple itself is enormous and occupies 40000sq ft. The shikhara is 192ft high. There are four sections –the

main section being the garbagriha where the deities reside. There are intricate sculptures all along the outer walls.

On Sunday we set out again to Konarak to visit the famous 13th century Sun Temple attributed to King Narasimhadeva of the Ganga Dyanasty. It is designed in the shape of a colossal chariot with 7 horses and 12 pairs of wheels carrying Surya across the heavens. The huge wheels are one of the main attractions of Konarak. They are intricately decorated around the axles and peripheries. The art work of every wheel is different. Much of the main temple is now in ruins. However the artwork that remains on the chariot is famed for skill and artistry and imagination.

Our next halt was Raghurajpur, a village specializing in local crafts. Most of us came away with wooden figures, pattachitras or other crafts. At another village we watched a traditional Oriya dance called Gotipua done by young boys in praise of Lord Jagannath. These boys dress as girls and perform acrobatic figures inspired by the lives of Krishna and Radha. This traditional dance is fast disappearing and we were indeed fortunate to witness it.

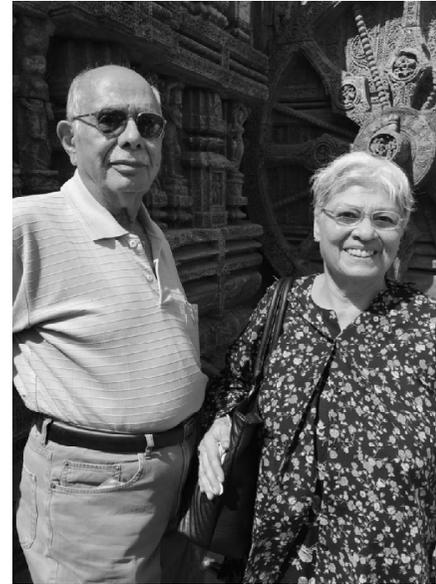
On Monday we departed on a two and a half hour ride to Chilika lake which is Asia's largest brackish lagoon. We headed to Mangalajodi which is the marshland area of the lake known for its migratory birds which come from as far as Russia and Mongolia. The boatman pointed out many water birds such as the Purple moor hen, Brahminy shelduck, Herons, Black tailed Godwits, Glossy Ibis etc. It was amazing how he could identify them from a distance without binoculars. The whole experience was very peaceful and tranquil and all of us enjoyed it very much.

Back in Puri we had a very pleasant poolside dinner. We started with Mahaprasad that Nidhi had got for us from the Jagannath Temple. She had opted out of the Chilika trip in order to witness the cooking of the Prasad at the temple. Apparently 56 types of Prasad were made in organized chaos or what seemed like chaos!

Our last day began with a drive to Pipli to sample some more handicrafts. Many of us bought vibrant appliqué worked bags, bed spreads etc. On the way back to Bhuvaneswar we stopped for lunch and had another good Oriya meal.

That brings us back to the airport after a most enjoyable and soul satisfying trip. As with all IWA trips there was much good cheer and camaraderie as we got to know each other better. Thanks to the munchies supplied by Tehnaz we were never allowed to be hungry! Congratulations to Lakshmi for the meticulous planning that ensured we had a fabulous trip.

BHARATI GOPINATH



## From the Election Committee

We invite you to nominate eligible members for positions of office in the IWA Managing Committee 2018-2019

### Guidelines:

1. **Nominees for President, Indian, should 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 the other 3 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 3 years or less.
3. As per Section M (vi) of the IWA Bye-laws,  
 "The Election Committee shall scrutinize the nominations received..... **If there are insufficient names for any office, to make up such shortfall, the Election Committee shall call for nominations from the floor of the house at the Annual General Meeting, and conduct the election by secret ballot....."**
4. The members of the Election Committee will therefore NOT be making calls to members who have not been nominated for any post. We therefore urge all eligible members who would like to serve on the Managing Committee to please send in their nominations on time. **A candidate is permitted to nominate herself.**
5. If no nominations are received for a post/posts, the nomination and election for the post/posts will be conducted at the AGM, as mentioned above. The nominee/s **MUST** be present at the AGM at the time of the elections.
6. 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. They shall inform the members of the date, time and venue of the election.

**This newsletter carries the Nomination Form. You may enter nominations for some or all of the positions mentioned. Please fill the form and send it to the Chairperson of the Election Committee:**

**Sushi Natraj**

2nd floor, 'Ashok Prithvi'  
 87, 4th Street, Abhiramapuram  
 Chennai 600 018

**Please ensure that your Nomination Form reaches Sushi Natraj before 3pm on Thursday, 8th March, 2018**

**Chairperson : Sushi Natraj**

**Members : Padma Ashok  
 Lalitha Krishnan  
 Kamala Prasad  
 Phyllis Stathis**

**Ex-Officio : Badrunnisa Mahadevan  
 Farah Bangera**

**From the Election Committee**

The Election Committee has contacted all members who are eligible to be nominated for a post in the Managing Committee of 2018-2019. Below is a list of those eligible members who are willing to be nominated.

**INDIANS**

**President**



**Usha Jawahar**

EC Philosophy & Religion	2010-2011
EC Current Events	2013-2014
EC History, Culture & Tours	2015-2016
MC Secretary	2014-2015
MC Vice President	2017-2018

**Vice-President/Secretary/Treasurer**



**Tehnaz Bahadurji**

EC Book Discussion	2011-2012
EC Current Events	2016-2017



**Prithika Chary**

EC Health & Ecology	2001-2002
EC Philosophy & Religion	2002-2003
EC Arts & Handicrafts	2007-2008



**Sadiya Khaleel**

EC Philosophy & Religion	2007-2008
EC Music & Performing Arts	2017-2018



**Jeyasree Ravi**

EC Music & Performing Arts	2013-2014
EC Arts & Handicrafts	2014-2015
EC Music & Performing Arts	2016-2017
MC Treasurer	2017-2018



**Nidhi Kapoor Thadani**

EC Book Discussion	2015-2016
EC History, Culture & Tours	2016-2017
MC Secretary	2017-2018

**NON-INDIANS**

All Non-Indians are eligible to be nominated to the Managing Committee. Below is a list of those who have agreed to be nominated



**Sanyukta Gill**

EC Arts & Handicrafts	2015-2016
EC Current Events	2017-2018



**Anjali Sacheti**

EC Philosophy & Religion	2011-2012
EC Music & Performing Arts	2012-2013
EC Book Discussion	2013-2014
EC Arts & Handicrafts	2014-2015
EC Current Events	2016-2017
MC Secretary	2017-2018



**Mahvash Sait**

EC Cooking Swapshop  
 MC Treasurer  
 MC Vice President

**Notes**

2014-2015  
 2015-2016  
 2017-2018



**Manisha Singhee**

EC Cooking Swapshop  
 MC Secretary  
 MC Treasurer  
 MC Secretary  
 MC Treasurer

2005-2006  
 2009-2010  
 2010-2011  
 2016-2017  
 2017-2018

**Tips to boost your mental health**

- **Take 30 minutes to go for a walk in nature** – it could be a stroll through a park or a hike in the woods. Research shows that being in nature can increase energy levels, reduce depression and boost well-being.
- **Do your best to enjoy 15 minutes of sunshine** and apply sunscreen. Sunlight synthesizes Vitamin D, which experts believe is a mood elevator.
- **'Anyone who has never made a mistake has never tried anything new' – Albert Einstein**  
 Try something outside of your comfort zone to make room for adventure and excitement in your life.

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**Change of Address**

**Rinku Mecheri – M 43**  
 4A Livia @ Luz  
 102-104 Luz Church Road  
 Mylapore  
 Chennai 600 004