

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 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

Founder Members

Nirmal Seshadri	Lakshmi Padmanabhan	Nancy Dean
Saroja Ramamrutham	Anneliese Hazari	Sunita Shahaney
Reva Singh		

Former Presidents

1986 - 1988	Nirmal Seshadri	Nancy Dean
1988 - 1990	Vanitha Mudaliar	Barbara Clarkson
1990 - 1991	Sunita Shahaney	Janet Picken
1991 - 1992	Nirmal Mirza	Stina Vasu
1992 - 1993	Malini Vijayaraghavan	Maureen Hudson Murari
1993 - 1994	Nanditha Krishna	Aruna Vijaykumar
1994 - 1995	Lily Madhok	Margaret Sekharan
1995 - 1996	Zubeida Asgarali	Khinthida Lwin
1996 - 1997	Alagu Muthu	Poonam Lalchand
1997 - 1998	Rupa Kadhiresan	Anneliese Hazari
1998 - 1999	Shyla K. Rau	Megan Utley
1999 - 2000	Gayatri Bewoor	Chandrika Chidambaram
2000 - 2001	Javanthi Singaram	Eira Doshi
2001 - 2002	Rani Chada	Seema Sait
2002 - 2003	Kusum Chadda	Meyyammai Murugappan
2003 - 2004	Sushila Natraj	Elaine Wood
2004 - 2005	Vidya Singh	Padma Ashok
2005 - 2006	Princess Naik	Rathi Nilakantan
2006 - 2007	Seema Bhargava	Amulya Rao
2007 - 2008	Kamala Prasad	Raziyeh Sheerazie
2008 - 2009	Rani Ananth	Lynne Connor
2009 - 2010	Shobha Hebbar	Elizabeth Aston
2010 - 2011	Mridula Srinivasan	Uma Ganesan
2011 - 2012	Nina Kothari	Cherry Venkatesan
2012 - 2013	Ramani Reddy	Vijaya Rangarajan
2013 - 2014	Nita Reddy	Priya Asokan
2014 - 2015	Asha Rammohan	Jo Frogbrook
2015 - 2016	Achu Kurian	Malini Krishna
2016 - 2017	Nabila Avais	Jansi Kishore

3^{Tue}	10.15^{AM} International Music Day 12.00 ^{PM} Managing Committee 01.00 ^{PM} Executive Committee	
5^{Thu}	10.15 ^{AM} Arts & Handicrafts/ History, Culture & Tours	
9^{Mon}	10.15 ^{AM} Cooking SwapShop/ Health & Ecology	
12^{Thu}	10.15 ^{AM} History, Culture & Tours	
13^{Fri}	04.00^{PM} Deepavali	
24^{Tue}	10.15 ^{AM} Philosophy & Religion	
26^{Thu}	04.00^{PM} Music & Performing Arts	
31^{Tue}	10.15 ^{AM} Current Events	

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

From the Presidents

October is abuzz with **International Music Day** on **October 3rd** at ITC My Fortune, as we celebrate the exuberance of music and our Founder President **Nirmal Seshadri's** birthday (October 1st). We sincerely thank the Music Committee comprising of **Javanthi Singaram** (Chairperson), **Latha Baratan**, **Pushpa Lakshman** and **Amulya Rao** for identifying the young and talented awardee.

Navdeep, IWA's Diwali celebration is on **October 13th** from **4pm to 7pm** at the **Mayor Ramanathan Chettiar Hall**. We eagerly look forward to welcoming you with your family and friends at this much anticipated event. As always we will have our ever popular **Khazana stall** stocked with gifts from your bountiful contributions. We kindly request you to contribute in cash or kind and hand over the same to any member of the Board, Activity Chairpersons or drop them off at the nominated members' residences.

We still have a few places for our wellness trip to Rajah Island from November 16th-19th. Be the early bird to get better air fare rates.

BADRUNNISA MAHADEVAN

FARAH BANGERA

From the Membership Secretary

Reminder: Applications are being invited for new Indian members who reside within the postal zones of Chennai including Kanchipuram and Thiruvallur districts.

The date for accepting applications is **Friday, October 6, 2017 between 10 am and 12 noon at Madras Boat Club, Boat Club Road, Chennai 600 028.**

The sponsor and/or co-sponsor of the applicant must come in person to hand in the application.

For more details on the guidelines for membership please refer to the **September newsletter**. If you need a copy of the newsletter, please call **Anjali Sacheti** on **98840 56000**.

NIDHI THADANI

03 Tue

10.15 AM

Sagari, My Fortune
10 Cathedral Road
Chennai 600 086



International Music Day

Every year on October 1st, IWA celebrates **International Music Day**, which is also the birthday of our Founder Member **Nirmal Seshadri**, who was passionate about music and performing arts. Remembering her love for music, her family has instituted an award to be given to a young and talented musician every year. This year, due to public holidays, our Music Day is being held on **October 3rd**.

Our Music Committee comprising of **Javanthi Singaram** (Chairperson), **Latha Baratan**, **Pushpa Lakshman** and **Amulya Rao**, after diligently reviewing the performances of all the candidates, has selected **Karthik Iyer**, an exponent of Carnatic and Hindustani music, as this year's winner. The young artist will be honoured by IWA and he will give us a brief recital.

We invite you to join in the celebration and encourage this year's talented winner.

This is a **members only** meeting.

BADRUNNISA MAHADEVAN

FARAH BANGERA

THE BOARD

<h1>05 Thu</h1>	<p>10.15 ^{AM} Sagari, My Fortune 10 Cathedral Road Chennai 600 086</p>	
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Enchanting Glimpses of South Korea

Korea, an ancient civilization, with dynasties dating back to 8000 BC, overcame the trauma of decades of invasions and a crippling civil war, to emerge as the fifth largest economy in the world. In 1945, Korea was divided into North Korea and the Republic of South Korea.

South Korea, a vibrant country with a character that is entirely unique, is culturally rich in arts, crafts and traditions that have existed for several centuries and continue to play an important role in its culture today.

We invite you to join us for a morning of enchanting glimpses into this fascinating country, including a tea ceremony, a Fashion show of the traditional costume of Korea, the **Hanbok**, an Arts and Crafts display and a surprise performance as a fitting finale to this wonderful intercultural occasion. Join us in discovering and enjoying the beauty of The Republic of South Korea.

We thank **Jyothi Ganesh, Rinku Mecheri, Kausalya Santhanam** and **Veena B. Swamy** for graciously sponsoring this meeting.

We thank **Marina Mathias** and **Meera Jayakar** for being our day facilitators.

SHARMILEE BACH NIELSEN
 LAKSHMI MENON

CAROLINE VANG KRISTENSEN
 RIGMOR EKSTRAND

<h1>09 Mon</h1>	<p>10.15 ^{AM} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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Eat well, look Gorgeous!

"Is it possible to look and feel great despite the pulls and pressures of one's everyday routine? Can this process be so much fun that one craves it?" These and many more interesting topics will be discussed in a conversation with **Shvetha Jaishanker**, *former model, Miss India International winner and a published author*.

Shvetha will demystify what it takes to be fit and beautiful by embracing a way of life that includes delicious food, achievable fitness mantras and fun. She will also share inside stories from the fashion world based on her experiences as a model for India's top designers.

Her nationally successful book '**Gorgeous**' is a collection of recipes, inspirational and beautiful images from the lives and kitchens of India's top models.

Our member **Nidhi Thadani** will be in conversation with Shvetha.

We thank **Nandi Shah** for being our day facilitator.

SHEETAL PARAKH
 TULSI REDDY

SHOBHA JESUDASAN

12^{Thu}	<p>10.15 ^{A.M} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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Girl With The Backpack!

‘My name is **Vasundara**, I woke up one morning and was determined it was time to change my life before it entirely passed me by. I had never done anything out of the ordinary and decided that it was time I created some life changing memories. So I packed my bags and took off to South America by myself on a backpacking holiday. Join me and my best friend **Rohini Chandrakumar** while we discuss my adventure, things that I learnt and how solo travel changed me.’

Vasundara Devi Gohil has worked in the corporate sales and marketing field for the last 15 years. When she could find the time she always went on active holidays like trekking, bicycling and skiing. After returning from South America one month ago, she is already ready to set off on her next adventure to Indonesia.

Incidentally, Vasundara & Rohini are the daughters of our members Vidya Singh & Usha Chandrakumar.

We thank **Vidya Singh** for graciously hosting this meeting.

We thank **Neena Sanghavi** for being our day facilitator.

LAKSHMI MENON

RIGMOR EKSTRAND

13^{Fri}	<p>04.00 ^{PM} Mayor Ramanathan Chettiar Centre 75/2, Santhome High Road M.R.C. Nagar, R.A. Puram Chennai 600 028</p>
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Navdeep

Deepavali is a harbinger of hope and inspires us to light a lamp to dispel darkness. It is not just about outer illumination, but the inner light that is the core of every one of us, the awakening of our inner self to peace, universal compassion, love and awareness of oneness in everything.

Do join us for IWA's Deepavali celebration and enjoy an evening of fun, festive shopping and mouth-watering High Tea. We also have our ever popular **Khazana stall**. So grab your seats early for a wonderful **entertainment programme** which starts at **5 pm** to be followed by a sumptuous **High Tea**. We look forward to seeing you dressed in your festive splendor and be a part of **Navdeep**.

Tickets for members and guests are priced at **Rs. 500** and will be available with the Management Committee members and Activity Chairpersons. Please remember that this event is **open to all** and so we look forward to having you there with your friends and family.

We profusely thank **Visalakshi Ramaswamy** for her unstinted support every year for graciously sponsoring the hall.

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

BADRUNNISA MAHADEVAN

FARAH BANGERA

THE BOARD

24 Tue	<p>10.15 ^{A.M} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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What happens when we die?

Though nobody can answer this question with certainty, many have strong opinions: heaven, reincarnation, purgatory, pits of fire or perhaps nothing at all.

A select few shape their opinions based on their astounding and unique near-death experience. After being on the brink of death and then resurrected from its grip, these individuals come back with amazing stories of what may await us all on "the other side" of this earthly realm.

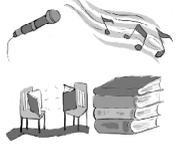
Our renowned speaker and author, **Dr. Gopalakrishnan**, is the convener for the Chennai Chapter President of the Near Death Experiences Organization. In this presentation, he shares these fascinating NDEs of others and what he's learned in collating these extraordinary accounts.

We thank **Padmavathy Gunashekar** for being our day facilitator.

RITU SAHI

CATHERINE REDDY

Our heartfelt condolences to **Valli Murugappan** on the loss of her husband.

26 Thu	<p>04.00 ^{PM} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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Gita Govinda of Jayadeva

Gita Govinda is a composition of **the 12th century poet Jayadeva**. It is the earliest Sanskrit work popularly known as Ashtapadi which elaborates the eight moods of the heroine, the Ashtanaika. This has been an inspiration for many composition and choreographic works in Indian classical dance.

Dr. Sharda Narayanan and **Dr. Sujatha Mohan** have authored the book '**Gita Govinda of Jayadeva**'. The modern Indian society is losing the grasp of the Sanskrit language, so the authors have taken upon themselves to present the text of Jayadeva in the simplest way possible in 5 chapters. The essence of this text hovers around singara. The authors elucidate the nayak and nayika bhedas. The authors' effort in presenting the treasure trove for easy rendering of verses is a ready reckoner for artists and art lovers in understanding various abhinaya particularly 'madhur bhakti'.

Dr. Shruti Jauhari is a rare blend of musician, performing artist, historian, teacher, author and guru. Her voice has been a regular at All India Radio, Bhopal, Jabalpur and Chennai centres. Her passion for Hindustani music has taken her across the globe. She will be rendering her beautiful voice to enliven the verses.

We thank **Jayanti Rajaram, Nita Reddy, Mallika Venkataramani** and **Shirley Verghese** for kindly sponsoring this meeting.

We thank **Indira Srinagesh** for being our day facilitator.

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

SADIYA KHALEEL
 HEMU RAMAIAH

MASAKO MARUYAMA
 GOWRI VISVANATHAN

<h1 style="margin: 0;">31</h1> <p style="margin: 0;">Tue</p>	<p>10.15 ^{A.M}</p> <p>The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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The recent India- China stand off!

Lt Gen SL Narasimhan, PVSM, AVSM**, VSM is an Infantry Officer commissioned in 1977. It's not often that one has the privilege of interacting with a senior army officer of his experience.

The General has vast experience in Counter Insurgency Operations. An experienced officer with various high profile commands, staff and instructional appointments. He saw action in Sri Lanka in 1987; commanded a battalion in Counter Insurgency Operations in Manipur; trained soldiers in Jungle Warfare including a team in Bhutan; a Brigade and Division in a sensitive High Altitude Area on the Line of Actual Control with China, and also commanded the largest Corps of the Indian Army in the North East.

He served as Defence Attaché in the Embassy of India in Beijing and is fluent in the Chinese Language, was Deputy Director General, Military Intelligence of the North East Region. He retired in 2016 after a successful stint as Commandant, Army War College. He has written many articles in various journals and magazines and is at present a member of the National Security Advisory Board.

We thank **Raji Ramesh** for being our day facilitator.

JASMINE KABRAJEE

SANYUKTA GILL

Unforgettable journeys with IWA

Thirteen days of madness!

Madly scenic countryside. Madly awe-inspiring architecture. Crazily mad amount of traveling. Insanely mad quantity of eating. Wonderfully mad amount of steps walked everyday. And uproariously mad amount of camaraderie and laughter.

Croatia, Slovenia and Bosnia-Herzegovina are beautiful almost beyond description. For such teeny tiny countries, the variety is astonishing. Mountains, or what we would call hills, rivers, lakes, waterfalls, labyrinthine cave systems and the endlessly fascinating blue Adriatic. We had sunny, rainy, cloudy, thunder-stormy and can't-see-your-hand-in-front-of-your-face foggy days. And if all those natural wonders were not enough, there was jaw dropping man-made splendour too. Churches and cathedrals innumerable in their soaring magnificence, but also tranquil ancient mosques, smoothly cobbled main squares surrounded by dramatic buildings, busy open markets filled with colourful local produce, inspiring Roman amphitheatres, ornate castles and awesome walled forts, faithfully recreated medieval villages, and a most unique musical instrument built into a seaside pier, that played eerie music as the waves pushed the air through its stops. And to top it all to know you're treading the very same flagstones that Augustus Caesar once trod, and visiting the remnants of the home of Marco Polo.

Each little city we visited had its own unique charm; the very Italian Zagreb, the pristine prettiness of Ljubljana and Opatija, the otherworldly caves in Postojna, the vast and fathomless lake at Bled, the Roman ruins in Pula and Split, the thrilling a capella singers in Trogir, the lakes and waterfalls at Plitvice despite a horribly rainy day, the splendid sea organ at Zadar, the horse-ramped Old Bridge

at Mostar, culminating in the mighty magnificence of Dubrovnik and its massive walls, familiar to Game of Thrones.

And over and above all this we had the players. The everything seers. The everything photographers. The slow walkers. The enthusiastic climbers. The fun makers. The food feeders. The wine drinkers. The selfie takers. The inveterate shoppers. The hat wearers. The mother-daughter pairs. The front seat grabbers. The always wanderers. The beef-eaters / the fish-eaters / the veg-eaters and the every meal allegiance changers. The foreign exchange seekers. The excess baggage dreaders. And that's just the travellers. On the admin side we had equal variety. Efficient and always accommodating travel agent. Charming and witty local tour leader and his young and handsome looks did no harm either. Another young and handsome man (one can never have too many of those) was the bus driver, who will forever be blessed for safely shepherding us through the thickest pea-souper fog along mountainous roads. Every guide was good (we had ten) but some were just fantastic.

We finally acknowledged it was time to come back only when we'd finished all the snacks we'd carried and almost filled our phone memories with all the many glorious photos we took everyday. We lingered over a last dinner, eating, drinking, singing, photographing and laughing our way to the end of a most memorable trip, a very special holiday to remember for many splendid reasons.

TEHNAZ BAHADURJI





Tips to boost your mental health

- **Go off the grid.** Leave your smart phone at home for a day and disconnect from constant emails, alerts and other interruptions. Spend time doing something fun with someone face-to-face.
- **Dance around while you do your housework.** Not only will you get chores done but dancing reduces levels of cortisol (the stress hormone) and increases endorphins (the body's feel-good chemicals).
- **Go ahead and yawn.** Studies suggest that yawning helps cool the brain and improves alertness and mental efficiency.