

# 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	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

## 10 Amazing Benefits of Walking

- 1. Reverse damage done by sitting:** Three five-minute walks done throughout three hours of prolonged sitting reverse the harmful effects of that prolonged sitting on the arteries in the legs.
- 2. Better concentration:** Active commuters who stopped driving to work and started to walk or bike to work felt better to concentrate and under less strain.
- 3. Lower diabetes risk:** Walking briskly could lower your risk of type 2 diabetes. This form of movement can improve insulin sensitivity.
- 4. The same or even better health benefits runners enjoy:** While runners saw a 4.2% reduced risk of hypertension, 4.3% reduced risk of high cholesterol & 4.5% reduced risk of reduced coronary heart disease, walkers risk reduction for each condition was 7.2%, 7% & 9.3% respectively.
- 5. Improved aging:** People in their 70's & 80's who walked & did simple exercises in social groups were less likely to become disabled than those who attended classes on successful aging.
- 6. More happiness and productivity at work:** Walking is better for employees & employers resulting in being happier at work and getting more done each day.
- 7. A better shot at fighting breast cancer:** Women who walk about an one hour a week at a 2-3mph pace, had a greater chance of surviving breast cancer than women who got less than an hour's worth of physical activity each week.
- 8. Bolstered memory:** Regular walkers had a 40% lower dementia risk.
- 9. Boosted creativity:** If you need to spark your imagination, it's probably best to get moving.
- 10. Lower risk of depression:** Walking may treat mild-to-moderate depression.

<b>1 Fri</b>	10.00 <sup>AM</sup> Managing Committee 11.00 <sup>AM</sup> Executive Committee	
<b>5 Tue</b>	10.15 <sup>AM</sup> Arts & Handicrafts	
<b>14 Thu</b>	10.15 <sup>AM</sup> Books Discussion	
<b>19 Tue</b>	10.15 <sup>AM</sup> Music & Performing Arts	
<b>21 Thu</b>	10.15 <sup>AM</sup> Current Events	
<b>26 Tue</b>	10.15 <sup>AM</sup> Cooking Swapshop	
<b>28 Thu</b>	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**

Thank you dear members for your appreciation and support and the positive feedback received for many of our meetings, so far, which is the vital principle motivating us.

The **Ganapathi celebrations** were immensely enjoyed by everyone, the colourful clothes and jewellery, the spiritual music, dance and chanting by our members and of course the delicious food escalated to the festive spirit as we chanted 'Ganpathy Bappa Morya'.

October has two major IWA events coming up. On **October 3rd**, we celebrate **International Music Day** (as this year 1st October falls on a Sunday, the birthday of our Founder, Nirmal Seshadri). We remember this day by honouring and awarding a promising young artist in her memory.

**'Navdeep'**, our IWA Diwali celebration, will be held on **October 13th** at MRC Hall. We solicit your participation for this festive event which brings cheer to our hearts and illuminates our lives. As per IWA tradition, we have the ever popular Khazana stall with items contributed by our members.

We wish our ladies a safe and fascinating adventure to Slovenia and Croatia.

Embark, next, on a three day **'Wellness Break'** planned in November to **Rajah Islands**.

BADRUNNISA MAHADEVAN

FARAH BANGERA

<b>1 Fri</b>	10.00 <sup>AM</sup> Managing Committee 11.00 <sup>AM</sup> Executive Committee  <b>Writers Cafe</b> 98, Peters Lane Royapettah, Chennai - 600 086
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Meetings hosted by **Ritu Sahi** and **Catherine Reddy**

## 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 size 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 **6 November 2017**  
  
Nidhi Thadani  
2nd Floor, CeebrosKrishnaraj, 12/14 Crescent Street  
Off ABM Avenue, Boat Club, R.A.Puram, Chennai 600028.  
Mobile No: 8939076660
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.

NIDHI THADANI

## From the Membership Sub-Committee

IWA Registered Office Address:

Talking Technology Pvt Ltd,  
857, Poonamallee High Road, Kilpauk, Chennai 600 010

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 bio-data 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 Friday, October 6, 2017 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.

NIDHI THADANI

**SAVE THE DATE**

<p><b>Oct</b> <b>3<sup>Tue</sup></b></p>	<p><b>10.15<sup>AM</sup></b> <b>My Fortune, Chennai</b> <b>International Music Day in memory of our Founder Nirmal Sheshadri's birthday</b></p>
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<p><b>Oct</b> <b>13<sup>Fri</sup></b></p>	<p><b>04.00<sup>PM</sup></b> <b>'Navdeep'</b> <b>Deepavali Celebration</b> <b>Mayor Ramanathan Chettiar Centre Chennai</b></p>
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<p><b>05<sup>Tue</sup></b></p>	<p><b>10.15<sup>AM</sup></b> <b>The Folly, Amethyst</b> Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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**3D Printing - Revolutionary science or accessible technology?**

3D printing is a term you come across frequently in the news. We have 3D printed art, furniture, houses, human organs and recently, NASA launched the smallest 3D printed satellite designed by an 18 year old from Tamilnadu.

So what is 3D printing? What are its uses? Is this the 4th Industrial Revolution or is it accessible technology that we can use to our benefit in our daily lives? Let us find out.

**Samvit Blass** was born in Auroville and has a Bachelors Degree in Industrial Design from the Massachusetts College of Arts in Boston. After several years of work experience in leading design companies and teaching at the Raffles University in Shanghai and Mumbai, Samvit, along with his brother Rishi Walker, own design studio Light-Fish, in Auroville. Light-Fish focuses on innovative products based on sustainability in furniture, lighting, packaging etc. Their vision is to lead sustainable design in India.

We thank **Padma Ashok, Sherry Batliwala** and **Mansha Bhatia** for graciously sponsoring this meeting.

We thank **Sweta Saharia** for being our day facilitator.

SHARMILEE NIELSEN

CAROLINE VANG KRISTENSEN

<b>14<sup>Thu</sup></b>	<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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## Ramayanamam Ramavadharamum

The story of Rama has been told many times, in many languages, ever since Valmiki's account of it shaped itself about two thousand years ago which soon became a model and an inspiration to many a poet, both within and outside of India. However, outside the Sanskrit heritage, **Kamban** happens to be the first poet to create an epic narrative called **Ramavatharam** on the story of Rama, in a modern Indian language. Kamban came nearly ten centuries after Valmiki: His language, Tamil, endowed him with an inheritance that was rich and felicitous, yet distinct from Sanskrit. However, Ramavatharam is different from the Sanskrit original in many aspects - both in spiritual concepts and in the specifics of the storyline.

**Dr. Priya Ramachandran's** book is an analysis of the difference in characterization of the main protagonists in the Ramayana story by the Tamil poet Kamban and Valmiki. The author also helps us understand how it came about to be considered as a one of the greatest literary works in the Tamil Literature by both Tamil Scholars and the general public.

Come, lets meet with the author who dons various hats - Dr Priya Ramchandran, renowned Paediatric surgeon with 15 years of experience working with Kama Koti Child Trust Hospital, Chennai; Founder of Ray of Light Foundation – an organization set up to help provide treatment and care for children diagnosed with Cancer; a Tamil Scholar with the love for the language which eventually led her to publish her research work on the great epic.

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

HEMU RAMAIAH

GOWRI VISVANATHAN

<b>19<sup>Tue</sup></b>	<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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## A noteworthy Harmonica Player!

An ex-Xaverian from Calcutta, **Arijit Mukherji**, is the Director of Fidelity Investments in Gurgaon, when he's not at work, he's playing his favourite instrument — a beautiful Larry Adler Professional. Nephew of the legendary Milon Gupta — perhaps the only true-blue mouth-organ artiste working in the mainstream film industry today, Arijit owes his inspiration and skill to his uncle.

He has a few albums to his credit, 'A tribute to Kishore Kumar', 'Zindagi ka Safar' and 'Down memory lane' are some of them. He has had occasional musical alliances with Usha Uthup, sarod player Pratyush Banerjee and music director Shantanu Moitra (of Parineeta fame) who has arranged the music for his second album by changing the interludes, preludes and rhythm patterns.

While Arijit never harbored dreams of being a full-time musician, his dedication to the instrument is, nonetheless, admirable. He includes an hour-and-a-half of practice every morning. He has taken upon himself to popularize the instrument in India and encourages the youngsters from his neighborhood to take lessons with him.

He will enthrall our members with his fine performance and a short talk about his art.

We thank **Tehnaz Bahadurji** for sponsoring this meeting.

We thank **Rinku Mecheri** for being the day facilitator.

SADIYA KHALEEL

MASAKO MARUYAMA

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We thank **Preeya Reddy** for her contribution as Activity Chairperson for History, Culture & Tours and we wish her a speedy recovery.

<h1>21</h1> <p>Thu</p>	<p>10.15 <sup>AM</sup></p> <p><b>The Folly, Amethyst</b> Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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## Indian Railways – A Peek In to the Future

**Sudhanshu Mani** is the General Manager at the Integral Coach factory. A multi-lingual, multi-faceted personality, whose interests range from diesel locomotives to Urdu poetry. He is focused on passenger amenities and integrating art with the Indian Railways and has co-authored 2 books on the latter and a third is a work in progress.

When we compare our soot-laden train journeys as children, we marvel at the progress made by the Railways but S. Mani thinks that enough is not done for improvement and modernization.

With such a vision, our speaker will take us through the advancement and future plans of the Railways.

We thank **Nalini Acharya** for graciously hosting this meeting.

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

JASMINE KABRAJEE

SANYUKTA GILL



We warmly welcome **Lakshmi Menon** as our Activity Chairperson for History, Culture & Tours.

<h1>26</h1> <p>Tue</p>	<p>10.15 <sup>AM</sup></p> <p><b>Pan Asian, ITC Grand Chola</b> 63, Anna Salai Guindy, Chennai 600 032</p>	
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## Carpe Cocoa! Seize the Chocolate!

We are excited... as it is all about CHOCOLATE! Who doesn't love chocolate... and if it's luxury handcrafted chocolate creations, then all the more!

**Chef Deepthi** and her team at **Fabelle**, ITC Grand Chola, will give us an introduction to various sources of the cocoa bean. They will take us through a tasting of Fabelle Speciality Chocolate to understand flavours and notes of various cocoa origins. This will be followed by an introduction to techniques of chocolate making.

We will witness a live demo of chocolate tempering and preparing of a hot chocolate beverage with an understanding of working with chocolate. Team Fabelle will also teach us how to create one of their signature chocolate dessert!

We thank **ITC Grand Chola** and **ITC Fabelle** for graciously sponsoring this meeting.

**This is a warn in meeting for members only restricted to 40.** Please call **Sheetal Parakh** on **98400 27222** on the **17th & 18th** of **September between 11 a.m.** and **4 p.m.** to book your spots!

SHEETAL PARAKH

<h1 style="font-size: 2em; margin: 0;">28<sup>Thu</sup></h1>	<p>10.15<sup>AM</sup>  <b>E-Hotel</b>                  Express Avenue Mall                  Gate 1, Patullos Road                  Chennai 600 002</p>	
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## “The Philosophy of Hypnotism and the Subconscious”

*“The mind is like an iceberg, it floats with one-seventh of its bulk above the water.” –Sigmund Freud*

For centuries, prominent thinkers have looked to the brain to understand the nature of reality. The philosophy of hypnotherapy in particular expresses that the subconscious layer of the mind houses crucial—yet often repressed—facets of our identity.

Certified hypnotherapist **Dr. Urmish Mehta** joins us to shed light on this mysterious and often misunderstood aspect of the mind. In this presentation, he shares how hypnosis reveals hidden beliefs, traits, and assumptions that shape our external circumstances. Through their surfacing via hypnosis, Dr. Mehta will explain how we can transcend negative belief structures and form a more positive reality.

We thank **Mallika Venkataramani** for being our day facilitator.

RITU SAHI

CATHERINE REDDY

## Eat, Pray & Detox!

**Rajah Islands** consists of three islands on the backwaters of Kerala. The main island has an area of 14 acres with cottages to stay and treatment rooms in the **Ayurveda School of Medicine** overlooking the waters. The second island over 5 acres is connected to the main island by a bridge where one can walk leisurely amidst landscaped gardens. The third island slightly away from the two mentioned above is about 30 acres, in its pristine form for basking in its natural glory and ornithology. The pleasant and calm atmosphere in the midst of being surrounded by water and unprocessed beauty will be a sure process of relaxation physically and mentally.

**A holistic wellness program** has been structured which would include a wellness consultation on arrival, **Ayurvedic external therapies** (various massages) and suitable **Panchakarma procedures** (5 fold purificatory methodology), yoga and meditation sessions and a solely vegetarian fare for the palate.

**Guruvayur**, one of the most important places of worship in Kerala dedicated to **Guruvayurappan** often referred to as **BhulokaVaikunta**, ‘Holy Abode of Vishnu on Earth’ is just a five minute boat ride from the backwaters for our spiritual enlightenment.

The ancient and traditional art forms of Kerala, be it martial or classical, **Kalaripayattu** or **Mohiniyattam** will be presented exclusively for our insight.

**Departure: 16th November 2017**

**Arrival: 19th November 2017**

**Cost: Rs 22,000 (+ Air Fare)**

**Last day to warn-in: 14th September 2017**

**Please note the maximum number of people is restricted to 16 so kindly warn-in with Lakshmi Menon – 98404 41623, as early as possible and to get better air fare rates.**

LAKSHMI MENON

RIGMOR EKSTRAND

## 'Navdeep' IWA Diwali – Save The Date!

**Navdeep** – IWA's Deepavali celebrations will be held on **Friday, October 13th**, 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 29th September**, or alternatively they can be dropped off at the following members residences:

### **Shobha Jesudasen**

8, Valliammai Achi Street  
Kotturpuram  
Chennai 600 085

### **Tulsi Reddy**

10, Subba Rao Avenue  
3rd Street, Off College Road  
Chennai 600 006

### **Badrunnisa Mahadevan**

24, Park Road West  
Shenoy Nagar  
Chennai 600 030

### **Jeyasree Ravi**

7/5 Nana Street  
T Nagar  
Chennai 600 017

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### **Change of address**

### **Darley Mathew – M 10**

Apt No 2, 2nd Floor  
Y 102, Y Block, 6th Street  
Anna Nagar  
Chennai 600 040

## 'Ganpathi Bappa Morya'

We would like to thank the following members who made the Ganesh Chaturthi celebration a resounding success:

**Leena Surya Prakash** for generously welcoming us into her heart and home and organizing the program.

**Shobha Hebbar** for being the **Sutradar** and coordinating the event.

**Invocation song** by **Surekha Kothari**.

### **Dancers:**

**Jasmine Kabrajee**

**Usha Jawahar**

**Masako Maruyama**

**Maya Mathew**

**Archana Meiyappan**

**Lalitha Naidu**

**Shanta Narayanan**

**Raji Ramesh**

**Catherine Reddy**

### **Singers:**

**Seema Bhargava**

**Asha Murthy**

**Sushila Natraj**

**Sheela Sarath**

**Sheela Shetty**

**Pooja participants: Usha Chandrakumar** and **Nidhi Thadani**.

Members who sponsored the "uphaar":

**Jaya Patwardhan**

**Leena Surya Prakash**

**Shwetha Mohapatra**

**Shobha Mujumdar**

**Shanta Narayanan**

**Sharmila Ramji**

**Naina Shah**

**Sheetal Shah**

**Nanditha Krishna** for lending her premises for the rehearsals.

Co sponsor for other arrangements:

**Preeya Reddy**.

**Tips to boost your mental health**

- **Sometimes, we don't need to add new activities to get more pleasure.** We just need to soak up the joy in the ones we've already got. Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible.
- **Feeling anxious? Take a trip down memory lane and do some coloring** for about 20 minutes to help you clear your mind. Pick up a design that is geometric and a little complicated for the best effect.
- **Take time to laugh.** Hang out with a funny friend, watch a comedy or check out the cute videos online. Laughter helps reduce anxiety.

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We profusely thank "our stars" **Tehnaz Bahadurji, Sherry Batliwala, Seema Bhargava, Premila Jacob, Gayathri Krishnaswami, Maya Mathew, Sheetal Parakh, Anjali Sacheti, Rita Saldahna and Reena Verghese** for their outstanding performance on Founders Day.

**FOUNDER'S DAY - JULY 25, 2017**

