

2 Mon	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee	
3 Tue	10.15 ^{AM} Arts & Handicrafts	
5 Thu	10.15 ^{AM} Cooking Swapshop	
10 Tue	10.15 ^{AM} Philosophy & Religion / Music & Performing Arts	
13 Fri	10.15 ^{AM} Current Events	
17 Tue	10.15 ^{AM} Health & Ecology	
19 Thu	10.15 ^{AM} History Culture & Tours	

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

25 Wed	10.15 ^{AM} Founder's Day	
27 Fri	11.30 ^{AM} Eid Milan	

2 Mon	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee Crowne Plaza Chennai Adyar Park 132, TTK Road, Alwarpet Chennai 600 018
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Meetings hosted by **Deepali Goyal** and **Swati Reddy**

Our sincere apologies to **Ramani Reddy** for the inadvertent omission of her name from the list of members of the Membership Committee, in our June newsletter. **Ramani is the General Body representative on the Membership Committee.**

From the Presidents

Dear Friends,

It was wonderful to see so many of our members at the **Fellowship Morning**. The morning was filled with merriment and camaraderie amidst fun and games. A big thanks to our managing and executive committees for all their work to kick start the IWA year.

This year we celebrate **Founders Day on July 25th** to honor and pay tribute to the Founding Members and Past Presidents who have been the building blocks of IWA and helped the organization grow to what it is today. Do join us as we felicitate and thank them.

We look forward to an exciting **trip to South Korea in September**. We are encouraged to have such a positive response. Do warn in early to avoid disappointment.

The **Music Committee** this year is chaired by **Asha Hemdev** and ably supported by **Padmavathy Gunasekar, Jayanti Rajaram** and **Ann Mathew**. We wish them all the best to find a young talented musician to felicitate on Music Day.

Thanks to all the members who signed up for receiving the **whatsapp version** of the newsletter in addition to receiving it by post. We are in the process of updating the **IWA address book**. Kindly complete the attached form and reach it to us before **August 10th**.

An exciting month of meetings is planned and we look forward to your presence and participation.

USHAJAWAHAR

MAHVASH SAIT

International Music Day

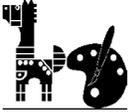
Every year, we celebrate International Music Day on **October 1st** in memory of our Founder member, **Nirmal Seshadri**. Her family has set up an endowment fund towards promoting young and talented musicians. Each year a committee is formed for the specific purpose of recognizing such talent.

The Music Committee for the year 2018-19 comprises of the following members:

Chairperson : **Asha Hemdev**
Member : **Padmavathy Gunashekar**
Member : **Jayanti Rajaram**
Member : **Ann Mathew**

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 **Asha Hemdev (ahemdev@gmail.com)** or call **98403 43528** by **July 31st, 2018** supported by appropriate write-ups.

We welcome **Banu Singh** on the Executive Committee. She is replacing **Sweta Saharia** as Activity Chairperson for **Arts & Handicrafts**.

<h1>3</h1> Tue	<p>10.15 ^{AM} Boat Club No.2, 3rd Avenue Boat Club Road, R.A. Puram Chennai 600 028</p>	
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Creative Arts: A Therapeutic Perspective

Tarana Khatri is a licensed Dance Movement Psychotherapist and Counselling Psychologist. She is the co-founder of **Synchrony** and director of **Horizon Therapy Centre**. She works towards spreading awareness of creative arts therapy through one on one and group sessions, training and workshops.

Tarana will introduce our members to Creative Arts Therapy and will give an insight into the way it works. The session will include a small experiential segment that will allow the members to explore Dance/ Movement Therapy in a fun and interactive manner.

Please join us for a peep into this interesting perspective of art.

We thank **Anita Kapoor** for being our day facilitator.

BANU SINGH

RIGMOR EKSTRAND

Congratulations to **Nabila Avais** on the birth of her grandson Aarin

<h1>5</h1> Thu	<p>10.15 ^{AM} Hanu Reddy Residences 39/18 Binny Road Poes Garden Chennai 600 086</p>	
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Pumpkin Tales - Behind Every Successful Woman

International **Chef Chindi Vardarajulu** along with **Bhuvaneshwari & Rajarajeswari** are empowering women with their all-women run restaurant & bakery **Pumpkin Tales**.

Their delicious menu, made up of nutritious meals and comfort food is a success using only the finest ingredients and baking methods.

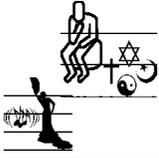
Join this empowering ensemble of ladies as they reveal a secret or two on their successful business.

We would like to thank **Sheetal Parakh** for being our day facilitator.

NANDI SHAH

NALINI PANDAY

Congratulations to **Gita Chandrasekaran** and **Lily Swami** on the birth of **Fevos Tsekouras Chandrasekaran**, their grandchild and great grandchild respectively.

10 ^{Tue}	10.15 AM E Hotel Gate No. 1 Express Avenue Mall, Patullos Road Chennai 600 002	
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Moko Kahaan Dhoondhe Re Bande? Journeys in Search of the Self

A Performance-Lecture

Shabnam Virmani will share the **voices of Kabir** and other mystics through conversation and songs, exploring their radical and biting critique of religion, identity, nation and gender, together with their deeply felt reverence and quest for the sacred.

Shabnam is a filmmaker, singer and artist in residence at the Srishti Institute of Art, Bangalore. Stung by the religious riots of Gujarat in 2002, she initiated the Kabir Project - journeys in quest of the 15th century mystic Kabir, exploring how his poetry intersects with ideas of identity, religion, nationalism, impermanence and orality.

The work of the Kabir Project was given the Sadbhavana Award in June 2017 for contributing to inter-faith understanding in the country. Shabnam's film Kabira Khada Bazaar Mein won the Special Jury Prize at the 52nd National Awards in 2010.

Inspired by the inclusive spirit of folk music, Shabnam will be playing the 5-stringed tambura herself and performing a wide repertoire of folk songs of Kabir.

We thank **Fharzana Siraj** for being our day facilitator.

KAUSALYA S ANTHANAM
MANGAI KAMAL

DEEPALI GOYAL
SWATI REDDY

13 ^{Fri}	10.15 AM E Hotel Gate No. 1 Express Avenue Mall, Patullos Road Chennai 600 002	
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“Idea of India”

“No other spot in all the world can touch your heart as home; let fortune bless or fortune curse, from hence you shall not roam.”
– Vorosmarty Mihaly

India as “home” evokes many different concepts in one’s mind. With so many disparate views, it begs the question: What is India? Who and what shape the country that 1.3 billion people call home? Through history and especially since 1947, many competing understandings of India have animated public discussion and politics. Each of these perspectives has consequences for our lives and futures. This talk embraces history, politics, culture, nationalism and power in its overview of this first-order question about citizenship.

Swarna Rajagopalan is a political scientist by training and a writer. Nationalism and citizenship are questions to which her work, as a scholar and an activist, returns constantly. She writes for the media on these and other topics. She is the founder of **The Prajnya Trust**, a Chennai-based non-profit working in the areas of gender equality and peace. She is also a founding member of the Women’s Regional Network.

We thank **Shobha Hebbar** for being our day facilitator.

RITU SAHI

CATHERINE REDDY

We thank **Shobha Jesudasan** for being our day facilitator for the June 22nd meeting of Philosophy & Religion.

<h1>17^{Tue}</h1>	<p>10.15 ^{A.M} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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Tummy Talk!!!

Life style changes, fad foods and lack of physical activities have triggered a wide range of gastrointestinal tract disorders.

Padmashree Dr. K.R. Palaniswamy is a senior Consultant - Gastroenterology Department head - Apollo Hospitals and Director of WGOF (World Gastroenterology Organisation Foundation) and the founder, professor and head of Department of Gastroenterology at Stanley Medical College 1986-2000. He also served as President for Indian Society of Gastroenterology (ISG) and President of Society of gastrointestinal Endoscopy India (SGEI). He has received several Life-time Achievement Awards.

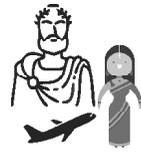
Join us as Dr. Palaniswamy talks a bout the importance of screening Colonoscopy and the importance of understanding the digestive disorders such as acid reflux, bloating, irritable bowel syndrome, fatty liver etc which we all experience sometime or the other.

He will promote awareness and remedies through his talk- **“The more you know, the less you need to show”** Awareness is the key.

We thank **Raheela Karim** for being our day facilitator.

DEEPAM RAVINDRAN

VIRGINIE BOMPOIL

<h1>19^{Thu}</h1>	<p>10.15 ^{A.M} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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No drama, Just Theatre

Dushyanth Gunashekhar, left a career in finance and audit and pursued his passion of creating a deeper understanding of history among children. Today he is the Founder and Creative Head of city-based theatre repository and education organization for performing arts CREA – SHAKTHI.

Author of the book “No Drama Just Theatre” Dushyanth, the talented son of IWA’s own member Padma Gunashekhar; has compiled plays on world history for classroom learning to get students interested in the study of past events.

Dushyanth’s team will enact a short skit for IWA loosely based on a historical personality who remains uncelebrated – Thillaiyadi Valliamma, a young girl martyred at the age of 16 who greatly influenced the thinking of Mahatma Gandhi in many ways, including the idea of the use of the tri-color in our National Flag.

Join us, as Dushyanth takes the discussion forward on what he does to marry performing arts with history to make an impact on education.

Please note: This is a programme presented by our **IWA Next Gen**.

We thank **Princess Naik** for being our day facilitator.

SOMNA SACHDEV

SHEELA K. SARATH

25 Wed	<p>10.15 ^{A.M} Crowne Plaza Chennai Adyar Park 132, TTK Road, Alwarpet Chennai 600 018</p>	
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If we could see the miracle of a single flower, Our whole lives would change. - Buddha

32 years ago, seven visionary ladies - **Nirmal Seshadri, Nancy Dean, Lakshmi Padmanabhan, Saroja Ramamrutham, Sunita Shahaney, Anneliese Hazari** and **Reva Singh** envisaged an idea that lay the seeds of IWA.

Do join us to pay tribute to our founding members and Past Presidents who have been the building blocks that have nurtured IWA to bloom to an organization built on cultural diversity, friendship and unity.

We look forward to seeing you dressed in your **Floral best** for a morning of celebration followed by lunch.

A warm thank you to **Vijay Goyal, Deepali Goyal,** and **Chandra Seoni** for hosting this meeting.

This is a members only meeting.

USHA JAWAHAR

MAHVASH SAIT

27 Fri	<p>11.30 ^{A.M} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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**“Eid Milan “
 ‘As Salaam alaykum’**

We invite you to join us for our blessed ‘Eid’ celebrations.

“Eid- ul- Fitr” means the “the Festivity to break the fast” and symbolizes the end of the fasting month of Ramadaan.

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.

Please Note: This is a Members only meeting

We thank our gracious Hostesses:

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

USHA JAWAHAR

MAHVASH SAIT

Fellowship Morning





Together we rise above

GREAT THINGS
are DONE
BY A SERIES OF
SMALL THINGS
BROUGHT
TOGETHER.

- VINCENT VAN GOGH

The Tiger Women Project | #togetherwiserand | #togetherstronger | #togetherbetter

IWA Team Name AUSTRALIA

IWA
2018 - 2019

Eternity

Transformation

Good Luck

Happiness

Fertility

Knowledge

Femininity

Creativity

Dear Members,

We are updating the **IWA Telephone Directory** this year.
Towards this purpose kindly fill the form below:

NAME: _____ Code No. _____

Address: _____

email: _____

In addition to the printed monthly news letter we are also activating a **whatsapp version** of our Newsletter.

WOULD YOU LIKE TO RECEIVE A WHATSAPP VERSION OF THE NEWSLETTER?

YES No

MOBILE NUMBER: _____

Kindly mail this slip to **Manisha Singhee** at:

10, 'Paxina' Bishop Wallers avenue,
CIT Colony, Chennai 600 004

Or hand it over to any of the Managing Committee members at any of the upcoming IWA meetings.

If we do not receive this slip by the **10th of August 2018**, it will be taken that your contact information remains unchanged from the last filled renewal form.