

# Executive Committee

2019 - 2020

## Managing Committee

Presidents	Nidhi Kapoor Thadani Anjali Sacheti	4203 0842 / 89390 76660 4206 9726 / 98840 56000
Vice Presidents	Jeyasree Ravi Manisha Singhee	2432 3334 / 92821 05070 2499 1482 / 98410 35003
Secretaries	Tehnaz Bahadurji Shobha Jesudasen	2620 2917 / 98400 24726 2447 4650 / 98400 22610
Treasurers	Usha Moorthy Sanyukta Gill	2446 1596 / 98400 74196 4210 1513 / 98404 15677

## Activity Chairpersons

Arts & Handicrafts	Kausalya Santhanam Mangai Kamal	98415 58467 98400 41066
Book Discussion	Sabina Narayan Sushi Goklaney	99406 36222 98401 04822
Cooking Swapshop	Jasmine Kabrajee Masako Maruyama	98407 41900 90436 10866
Current Events	Rinku Mecheri	98400 51172
Health & Ecology	Nirupa Sundaravadanan Swati Reddy	98402 34623 98841 77777
History, Culture & Tours	Somna Sachdev Sheela K. Sarath	98410 22922 98840 33336
Music & Performing Arts	Nandi Shah Nalini Panday	98840 70014 98849 58629
Philosophy & Religion	Sheetal Parakh Gowri Visvanathan	98400 27222 98840 68888

# Founder Members

Nirmal Seshadri  
Saroja Ramamrutham  
Reva Singh

Lakshmi Padmanabhan  
Anneliese Hazari

Nancy Dean  
Sunita Shahaney

## 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
2017 - 2018	Badrunnisa Mahadevan	Farah Bangera
2018 - 2019	Usha Jawahar	Mahvash Sait

<b>3<sup>Mon</sup></b>	10.00 <sup>AM</sup> Managing Committee 11.00 <sup>AM</sup> Executive Committee
<b>17<sup>Mon</sup></b>	10.15 <sup>AM</sup> <b>Fellowship Morning @ Crowne Plaza</b> A Celebration of Friendship
<b>19<sup>Wed</sup></b>	10.15 <sup>AM</sup> <b>Book Discussion @ Hanu Reddy Residences</b> A Journey into the Unknown
<b>21<sup>Fri</sup></b>	10.15 <sup>AM</sup> <b>Current Events @ Madras Club</b> The US Consulate, Chennai - A Fifty Year Journey ...
<b>25<sup>Tue</sup></b>	10.15 <sup>AM</sup> <b>Arts and Handicrafts @ The Folly</b> Zentangle - A "Meditative Art Form"
<b>27<sup>Thu</sup></b>	<b>04.00 <sup>PM</sup> History Culture and Tours @ VR Mall</b> Kathai, Kalai, Parampariyam ( <b>Warn-in &amp; Evening</b> )

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

**From the Presidents**

Dear Friends

Welcome to a brand new IWA year!! We are delighted and honoured to serve you in the coming months, and hope that we will be able to provide meaningful and enjoyable forums for our membership.

The colour of the year is yellow, symbolising warmth, inspiration and vitality, all traits defining the IWA woman.

Our theme this year is "JOURNEY," portrayed by the paper plane soaring through the clouds. We will explore not only the journeys of our esteemed speakers but also the experiences of our cherished members, the many inspirational ladies within our sorority, who have inconspicuously accomplished tremendous feats. We would love to receive your suggestions on our peers who would be willing to share their stories with us.

IWA is trying to reduce its ecological footprint. You may access information about our meetings either through the IWA blog, that is meticulously maintained by Rani Ananth (Thank you so much!), or via the digital newsletter to which you may subscribe on your WhatsApp. We will continue to dispatch the printed newsletter but hope that members may opt out of receiving a physical copy as the year progresses. Rani Ananth is also helping us digitise member records.

Our wonderful Managing Committee and Activity Chairpersons are enthusiastically planning the year ahead. However, meetings are more memorable when we work collectively and collaborate. Your suggestions are invaluable, so please contact us with any ideas you may have.

We look forward to an exciting year! Embrace the journey!

NIDHI KAPOOR THADANI

ANJALI SACHETI

**From the Vice Presidents**

Welcome back! We are certain all of us are embracing this new year with renewed excitement. Let it be arts, music, books, health, philosophy, IWA changes us into "Wonder Women" where we strap on our cape and get knee deep in unsolicited fun, knowledge, food and solemn excuse to meet our friends.

IWA newsletter is one way to know what your fellow members have been up to. Have you won an award? Invented a replacement for plastic? Become a grandmother? Or celebrated a wedding? Keep us posted on all important things you embark on and we are more than happy to feature it in the newsletter. Please email the details to **iwablurbs@gmail.com**

Nothing beats sipping lemon tea, at your home, with your friends, while being entertained. If you wish to extend your support or sponsor specific activities or open your homes for the IWA meetings, we are all smiles.

Looking forward to a great journey this year with your love and support!

JEYASREE RAVI

MANISHA SINGHEE

<p><b>3 Mon</b></p>	<p>10.00 <sup>AM</sup> Managing Committee                  11.00 <sup>AM</sup> Executive Committee</p> <p><b>Ecstasy</b>                  Sathyam Cinemas                  8, Thiru-vi-ka Road, Roypettah                  Chennai 600 014</p>
---------------------	--

Meetings hosted by **Nirupa Sundaravadanan** and **Swati Reddy**

**From the Secretaries**

Hello Lovely Ladies,

The AGM is behind us now, and all the stress of attendance and leave letters for absence is over. Whew! We don't want a single precious drop to fall out of our IWA ocean, and it shouldn't be for lack of our reminding you. So do always let us know if you're going to be away a long time. And keep those Membership renewal forms coming in, brimming with data we need for the new directory.

The Newsletter should get to you before the start of every month, so you can pencil the IWA highlights into your diary at the earliest. Let us know if you don't get yours on time, or if you'd like to join those receiving the IWA Digital Newsletter in addition to the physical copy.

We will be maintaining the membership records, who's in, who's off to greener pastures, and who wants to ascend to seniority status. Though we know some of us would rather give our eyeteeth than be referred to as senior, and where would one find pastures greener than IWA's?

The bright new IWA year stretches ahead, full of wonders still unknown. Join us on this uncharted journey, through the vast sky studded with splendours, and arrive together on the other side of the year, wiser than when we started.

TEHNAZ BAHADURJI

SHOBHA JESUDASEN

## From the Treasurers

A hearty welcome to you all for a new IWA year.

We thank all the members who have given in their renewals and request the rest to do so before 30<sup>th</sup> June 2019.

Please complete the form as well as the small tear off portion at the bottom with all the particulars. Please do be careful when you write the cheque as banks have become very strict and return cheques for minor errors. Please also put your name and IWA code number on the back of the cheque.

All members except senior members must attend a minimum of ten meetings a year. You may keep track of your attendance record in the month of December so you can make up for any short fall.

You may bring guests for the meetings except when specified otherwise. Each guest may attend a maximum of 4 meetings a year. The guest fees payable are as follows.

Meetings held at

Home	-	Rs 200/-
Clubs or similar	-	Rs 300/-
Hotels	-	Rs 500/-

Please contact Sanyukta Gill at 9840415677 or email sanyukta\_g@yahoo.com in case of any change in the directory particulars or you require name badges or bye law books.

Looking forward to seeing you all through the year.

USHA B. MOORTHY

SANYUKTA GILL

## IWA Helpline



### If you...

Do not receive your newsletter by the 5<sup>th</sup> of each month

Need to change your membership category (Outstation, Senior) or need to inform us that you will be unable to attend meetings for a length of time

Would like to check on your attendance  
Need a new badge or a copy of the IWA  
Bye-Laws book

Have a change of address, telephone or email and need to inform us

Would like to make an announcement in the newsletter. Please email, do not SMS

Have ideas for a meeting or would like to sponsor a meeting

Would like to offer your home or help for meetings or be a Day Facilitator

### E-mail/Call

Shobha Jesudasen  
98400 22610  
jesudasen@hotmail.com

Tehnaz Bahadurji  
98400 24726  
bahadurji@gmail.com

Sanyukta Gill  
9840415677  
sanyukta\_g@yahoo.com

Jeyasree Ravi  
9282105070  
jeyasree.silkworm@gmail.com

Nidhi Thadani  
89390 76660  
nidhithadani@gmail.com

Concerned Activity  
Chairpersons / Presidents

Anjali Sacheti  
9884056000  
anjali456@gmail.com

**Please call between 10AM and 6PM from Monday through Saturday**

<b>17</b> Mon	10.15 AM <b>Crowne Plaza</b> 132, T.T.K. Road Alwarpet Chennai 600 018
---------------	--

## A Celebration of Friendship

**“There are people you meet that you get to know, and then there are people you meet that you already know”  
- Colleen Hoover**

Join us for a morning filled with laughter and surprise, a time to reconnect with old friends and welcome new ones!

Put on your smiles and name badges (to facilitate introductions) and enjoy the ride!

This is a **members only** meeting

NIDHI THADANI

ANJALI SACHETI

THE MANAGING AND EXECUTIVE COMMITTEES

<b>19</b> Wed	10.15 AM <b>Hanu Reddy Residences</b> 39/18, Binny Road Poes Garden Chennai 600 086	
---------------	---	---

## A Journey into the Unknown

**Kavitha Yaga Buganna**, is a software engineer and developmental economist, who over the years has published works of short fiction, besides writing for Magazines and Newspapers. In this beautifully articulated narrative **“Walking in clouds”**, she shares her journey to Mount Kailash and Lake Mansarovar.

Weaving in relevant historical and mythological elements she captures this extraordinary expedition to the mountains and more significantly her journey within. Kavitha and her cousin Pallu endeavor through unforgiving terrain, their thoughts frequently peppered by self doubt to discover a wealth unlike any other.

Journeys of this nature typically involve breaking through layers of fear and mechanisms of self-protection, besides exploring the meaning of faith against the conditioned mental backdrop of rationalism.

To discover more about this fascinating journey, join us as Kavitha, in conversation with our member **Jaya Mahbubani**, takes IWA through her walk in the clouds.

SABINA NARAYAN

SUSHI GOKLANEY

<h1>21</h1> <p>Fri</p>	<p>10.15 <sup>AM</sup>  <b>The Madras Club</b>                  8, Adyar Club Gate Road                  R.A. Puram                  Chennai 600 028</p>	
------------------------	--	--

## The US Consulate, Chennai- A 50 Year Journey, more than just visas.

The US Consulate building celebrates its 50th year in Chennai, you would think it's just the issuing and rejection of visas, but there's a lot more that goes on!

What happens behind the doors of this landmark building?

Come find out as our member **Rinku Mecheri** engages in conversation with **US Consul General Robert Burgess**. Find out about everything, from the legacy of the Consulate in Chennai, to the life of a Consul general and more.

We thank **Deepa Ramprasad** for being our day facilitator.

RINKU MECHERI

---

Our heartfelt condolences to **Anita Koshy** for the loss of her father

<h1>25</h1> <p>Tue</p>	<p>10.15 <sup>AM</sup>  <b>The Folly, Amethyst</b>                  Whites Road                  Next to Corporation Bank                  Royapettah, Chennai 600 014</p>	
------------------------	--	---

## Zentangle— a “Meditative Art Form”

Zentangle is easy to learn. It is a relaxing method of creating beautiful, abstract art using structured patterns. It is credited with increasing concentration and creativity, and infusing a sense of well being. It is basically about being mindful and present.

Chennai based artist **Sandhya Manne** is a certified Zentangle teacher who creates oil paintings and Zentangles. She has trained under highly skilled artists. She has taught at recreation centres and community college in the USA before moving to Chennai in 2013.

Be sure to be there when Sandhya initiates us into this fascinating art form. And be sure to bring your reading glasses. Participants can take back their art creations.

We thank **Anuradha Oberoi** for being our day facilitator.

KAUSALYA SANTHANAM

MANGAI KAMAL

---

Our heartfelt condolences to **Shobha Hebbar** for the loss of her mother

<h1 style="font-size: 2em; margin: 0;">27<sup>Thu</sup></h1>	<p><b>04.00 PM</b>  <b>VR Chennai (Mall)</b>                  Jawaharlal Nehru Salai                  Thirumangalam                  Anna Nagar, Chennai 600 040</p>	
--	--	--

## Kathai, Kalai, Parampariyam

**- The Changing Culture of Tourism!**

Stories, Architecture, and Tradition!  
 Historian **V. Sriram**, renowned in Chennai for his ability to bring history to life, has embraced a new direction of tourism in his latest heritage walk. He will guide us through architectural wonders and historical intrigue, but the experience will be unique because it takes place in a contemporary setting. Soon to be a permanent fixture in the tourist circuit, this is the first time a commercial space has converted its passages into a heritage walk.

The **Kathai** Walk uncovers tales of the Dasavataram as depicted in the Adi-Varaha temple in Mamallapuram. The **Kalai** Walk dives into temple art and architecture, showcasing installations throughout the mall. The **Parampariyam** Walk traces the evolution of the city. V. Sriram has thoughtfully melded this three walk series into a single highlight trail, especially for IWA members.

We will assemble **at 4.00 p.m. in the Central Atrium of the V R Mall.**

Please warn-in early to avoid disappointment. We only have **30 spots** available.

**Somna Sachdev 98410 22922 / Sheela K.Sarath 98840 33336**

*Please note that this meeting involves walking and standing for almost an hour. Light entertainment and snacks will follow the walk. The meeting duration is approximately 2 hours.*

SOMNA SACHDEV

SHEELA K. SARATH

## Membership Sub Committee

### 2019–2020

We thank **Ramani Reddy** for her valuable contribution to the Membership Committee.

We welcome **Princess Naik** as the new General Body member.

The committee is as follows:

- |  |                  |
|--|------------------|
| <b>Presidents</b>                          |                  |
| Nidhi Thadani                              | Anjali Sacheti   |
| <b>Immediate Past Presidents</b>           |                  |
| Usha Jawahar                               | Mahvash Sait     |
| <b>Vice Presidents</b>                     |                  |
| Jeyasree Ravi                              | Manisha Singhee  |
| <b>Secretaries</b>                         |                  |
| Tehnaz Bahadurji                           | Shobha Jesudasen |
| <b>Immediate Past Membership Secretary</b> |                  |
| Jeyasree Ravi                              |                  |
| <b>General Membership</b>                  |                  |
| Amulya Rao                                 | Princess Naik    |



Nidhi Kapoor Thadani

**Presidents**



Jeyasree Ravi

**Vice-Presidents**



Tehnaz Bahadurji

**Secretaries**



Usha Moorthy

**Treasurers**

**Managing Committee**



Anjali Sacheti



Manisha Singhee



Shobha Jesudasen



Sanyukta Gill

**Activity Chairpersons**

**Arts & Handicrafts**



Kausalya Santhanam



Mangai Kamal

**Book Discussion**



Sabina Narayan



Sushi Goklaney

**Cooking Swapshop**



Jasmine Kabrajee



Masako Maruyama

**Current Events**



Rinku Mecheri

**Health & Ecology**



Nirupa Sundaravadanan



Swati Reddy

**History, Culture & Tours**



Somna Sachdev



Sheela Sarath

**Music & Performing Arts**



Nandi Shah



Nalini Panday

**Philosophy & Religion**



Sheetal Parakh



Gowri Visvanathan

## MESMERISING UZBEKISTAN

Imagine being at the crossroads of civilization, in a place where the East and West meet to exchange goods and ideas, a place that heralds cross-cultural associations, a place that some view as the cradle of the modern world. This place is the **Silk Road**, and it traverses modern-day Uzbekistan.

Uzbekistan - the name conjures images of far-away mosques, blue-tiled domes, camels and caravanserais. It is home to three key destinations for the ancient traders, **KHIVA**, **BUKHARA** and **SAMARKAND**. These cities hold some of the world's most exquisite Islamic architecture and are home to hectic bazaars, half-hidden desert citadels, silk workshops, blue pottery and carpets. Restored to their former glory, with glittering minarets, voluptuous domes, and hypnotic mosaics, it is no wonder Uzbekistan is Central Asia's showstopper.

In addition to the beautiful historic cities, Uzbekistan is home to Soviet-era cities like **TASHKENT**, the capital. It is a fascinating jangle of contradictions which is one part newly built national capital, one part leafy Soviet city and yet another part sleepy Uzbek town.

Be transported through time and civilization, as you conjure images of traders dressed in turbans and robes sauntering around with their camels and goods in the ancient cities.

Join us as we explore mesmerizing Uzbekistan on a 9-day journey. Allow yourself to be serenaded by great walled cities, royal pavilions and shimmering turquoise domes.

Date : **September 8-17**  
Cost : ₹ 1.25 Lakh ( Ex Delhi)

There are only **25 seats** available, so reserve your place soon, with a booking amount of ₹ **25000**. Please note, this amount is *non-refundable*. Reservations will be made on a first come first serve basis. **July 5th is the last day to register.**

For more information, visit the travel desk on the day of the Fellowship Morning.

To reserve your seat, please call or SMS

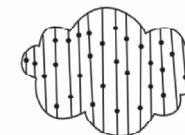
**Somna Sachdev - 98410 22922**  
**Sheela K.Sarath - 98840 33336**

SOMNA SACHDEV

SHEELA K.SARATH

### Change of Address:

V14 Geeta Vasudevan  
3-A, Abirami Krishna Tulsi  
34/29, 2<sup>nd</sup> Main Road  
Kasturbai Nagar  
Chennai - 600 020



And the journey begins...

