

1 Mon	10.00 ^{AM} Managing Committee @ Writer's Cafe 11.00 ^{AM} Executive Committee
2 Tue	10.15 ^{AM} Arts & Handicrafts @ E Hotel Traditional Motifs of Tamil Nadu
4 Thu	10.15 ^{AM} Philosophy & Religion @ Focus Art Gallery Efficiency Without Stress
8 Mon	10.15 ^{AM} Cooking Swapshop @ Hanu Reddy Residences <i>Mangolicious !</i>
9 Tue	10.15 ^{AM} Music & Performing Arts @ Madras Club IWA Antakshari Morning
11 Thu	10.15 ^{AM} History Culture & Tours @ Focus Art Gallery Uzbekistan: Promising Reforms and Striving for Stability
16 Tue	10.15 ^{AM} Health & Ecology @ Folly Hints for Healthy Kidneys

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

18 Thu	10.15 ^{AM} Current Events @ Curio Play How India Voted
23 Tue	11.00 ^{AM} Cooking Swapshop @ ITC Grand Chola Avartana-Redefining Food from the Southern Indian Peninsula Warn-in
25 Thu	10.15 ^{AM} Founder's Day @ Crowne Plaza Members only
30 Tue	10.15 ^{AM} Book Discussion @ The Folly Slices of Life IWA Journey 
1 Mon	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee Writer's Cafe 98, Peters Lane, Royapettah Chennai 600 086

Meetings hosted by **Tehnaz Bahadurji** and **Shobha Jesudasen**

From the Presidents

Dear Friends,

We were delighted to see so many of you at the Fellowship meeting. Thank you so much for helping us start the year with a bang, or in the vein of our theme, we should say, thank you for helping us take off!

There is much happening in July, but most importantly, July is the month when IWA was founded. Please join us for Founder's Day (July 25th) as we felicitate our Founding Members and Past Presidents and celebrate the wonderful organization that has brought us together.

July is also the month we announce our Music Committee which will start their hunt for a gifted performer for International Music Day (October 1st). We wish them all the best in their endeavors.

We have received a tremendous response for our trip to Uzbekistan. Please note, there is a slight change in dates and the trip is now from September 14th to September 23rd.

There are many exciting meetings planned this month. Embrace the journey!

NIDHI KAPOOR THADANI

ANJALI SACHETI

International Music Day

International Music Day was initiated on October 1, 1975, by Lord Yehudi Menuhin, in an attempt to create a global atmosphere of music. Worldwide, music aficionados celebrate this incredible concept with grand performances. Thanks to a generous gift, IWA too partakes in the celebration.

Our Founder member, **Nirmal Seshadri**, was extremely passionate about music and serendipitously her birthday falls on the same day as International Music Day. It was only fitting that her family set up an endowment fund to allow us to honor her memory while enjoying a musical morning.

Every year a committee is formed to recognize and encourage talented young musicians to perform on this special day. The candidate should preferably be under 18 years of age and should have certifications, awards, and citations to his/her credit.

We are pleased to announce our Music Committee for the year 2019-2020.

Chairperson : Shanthi Thomas

**Member : Malini Krishna
Padma Ashok
Sadiya Khaleel**

Members may send their recommendations, supported by appropriate write-ups of prospective candidates by email to **Shanthi Thomas** at **shanthithomas@me.com** or call **9841076541** by **July 31, 2019**.

From the Membership Secretary

I'm happy to share the good news that, taking heed of the discussion at the last AGM, IWA is ready to welcome many new members into our fold, including 6 Non-Indians, bringing with them their vibrant home cultures. We look forward to seeing them all often in the year ahead.

Indian Members :

Deepa Ramaprasad (R-6)

New No. 73, Old No. 33/1
Poes Garden, Gopalapuram
Chennai 600 086
LL: 044 2498 0902
Mobile : 98410 44886
Email: deeparamaprasad@hotmail.com

Nusrret Cassam (C-8)

6, Haddows Road, 1st street
Chennai 600 006
LL: 044 2826 4822
Mobile : 98403 77872
Email : nusrretcassam@gmail.com

Raksha N Mehta (M-36)

94, Poes Garden
Chennai 600 086
LL : 044 2499 0819
Mobile: 98840 49905
Email : raksha@mehtajewellery.com

Temporary Non-Indian Members :

Amanda Pilmore-Bedford (B-17)

Cottingley
British Deputy High Commission
20, Anderson Road
Chennai 600 006
Mobile : 98840 17488
Email : apilmorebedford@aol.co.uk

Anne Nygaard Westh (W-2)

No. D1B, Juhu Beach 1st Main Road
Uthandi
Chennai 600 119
Mobile – 73580 50330
Email – anewesth83@gmail.com

Caroline Sato (S-5)

Villa 4, Melrose Place
Sundeeep Road
Neelankarai
Chennai 600 041
Mobile – 78248 00464
Email – c.j.sato@gmail.com

Christina Wikstrom – (W-1)

Old No.11, New No.6, Varna, 2nd Floor,
Janaki Avenue
Abhirampuram 4th Street,
Chennai 600 018
Mobile – 97911 68377
Email – christina.wikstrom@tele2.se

Eda Deriner (D-3)

Sea Cliff Avenue
16, Akkarai, East Coast Road
Chennai - 600 115
Mobile - 87544 52029
Email – edaderiner@hotmail.com

Hanne B Noergaard – (N-4)

Villa 3, Robby's Bay
2/124 E, Harichandra 3rd Cross Street
Injambakkam
Chennai 600 115
Mobile – 96000 49477
Email – hanne@klaha.dk

TEHNAZ BAHADURJI

Resolution passed at the AGM 2018-19

At the recently concluded AGM in April 2019, it was agreed by the majority of the General Body present, to reduce the Admission Fee for Non-Indian members who are here for a short duration, from ₹5,000/- to ₹1000/-, renewable every three years.

This was with a view to encourage the enrollment of short-stay Non-Indians, and to enhance the cross-cultural ethos of IWA. The policy has borne fruit, as those who attended Fellowship will recall, since we have already been able to attract 6 short-stay Non-Indian members. We welcome them and all other new members, in our midst.

NIDHI KAPOOR THADANI

ANJALI SACHETI

<p>2^{Tue}</p>	<p>10.15 ^{AM} E.Hotel Gate No.1. Express Avenue Mall Patullos Road Chennai 600 002</p> 
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Traditional Motifs of Tamil Nadu

The weaves of Tamil Nadu are characterized by a vast, sophisticated and spiritually evocative system of symbolism. The highly talented weaver finds inspiration for motifs from both the animate and inanimate forms around him or her.

T.N.Venkatesh, a Postgraduate in Economics from the University of Mumbai, belongs to the 2001 Batch of the Indian Administrative Service. He joined Co-optex as its Managing Director in September 2014 and has since then been scripting a turnaround story giving momentum to the Co-optex growth journey. He has passionately promoted the weaves of Tamil Nadu in both national and international forums.

This talk will help us understand and appreciate the deeper meaning and significance behind some of the most popular and iconic textile motifs of Tamil Nadu.

Come radiant in your Kanchipurams and other weaves of Tamil Nadu to showcase the rich textile heritage of our State!

We thank **Sudha Shivkumar** for being our day facilitator.

KAUSALYA SANTHANAM

MANGAI KAMAL

4 Thu	<p>10.15 ^{AM} Focus Art Gallery Raja Annamalai Building, 19, Rukmani Lakshmipathi Road (Marshalls Road), Egmore Chennai 600 008</p>	
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Efficiency Without Stress

Stress is rampant in the modern world. Successful, dynamic and prosperous people are oftentimes the most affected ones. Keeping stress under control is crucial to one's health, productivity and happiness.

Vedanta, the ancient knowledge of India, helps to achieve efficiency without stress. In order to combat stress, it is essential to identify its root cause first. Vedanta establishes that stress is an internal phenomenon. Any form of external treatment provides only a temporary relief.

The discourse presents a thorough analysis of the human personality and human mind. It further expounds the strategies to conquer stress and explains the role of the intellect in stress management.

Our speaker, **Mrs. Irina Dwarak** is a Post Graduate from Martin Luther University Halle-Wittenberg in Germany, with master's in history, Political Science and English. After her post-graduation, she did a three-year residential course in Vedanta philosophy at the Vedanta Academy, Malavi near Mumbai and has been a full-time student and research scholar of the Vedanta Cultural Foundation since 2005.

We thank **Raksha Mehta** for being our day facilitator.

SHEETAL PARAKH

GOWRI VISVANATHAN

8 Mon	<p>10.15 ^{AM} Hanu Reddy Residences 39/18, Binny Road Poes Garden Chennai 600 086</p>	
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Mangolicious !!!

Mallika Badrinath needs no introduction to our members. The author of 29 cookery books in English and 30 books in Tamil, together containing more than 4,000 recipes – her books include the Tamil "*Siru Dhaniya Samaya*" series. She has received a number of awards including the *Priyadarshini Award* which is given to women entrepreneurs in India.

Cooking with mangoes, **Mallika Badrinath** will take us back to our childhood where all of us have a memory attached to this king of fruits.

We thank **Mrs. Nirmala Reddy** for helping us organise this meeting and providing us with the materials from the Hanu Reddy mango farms.

We thank **Kaety Dalal** for being our day facilitator.

JASMINE KABRAJEE

MASAKO MARUYAMA

<h1>9</h1> <p>Tue</p>	<p>10.15 ^{AM} Madras Club 8, Adyar Club Gate Road Raja Annamalai Puram Chennai 600 028</p>	
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IWA Antakshari Morning

Warm up your vocal cords! It is time for **IWA Antakshari!**

Derived from two Sanskrit words Antya (end) and Akshar (letter of the alphabet), this popular game has its origins in ancient times, back when the oral tradition was the only form of entertainment.

Raji Anand, a veteran of this game, was a participant in the ZEE ANTAKSHARI '95 DIWALI SPECIAL and also the MTV GAO BABY GAO music awards.

Come and belt out your favourite songs led by our steadfast guide, Raji Anand.

We thank **Nisha Sood** for being our day facilitator.

NALINI PANDAY

NANDI SHAH

Congratulations to **Sabina Narayan** on her daughter's wedding.

<h1>11</h1> <p>Thu</p>	<p>10.15 ^{AM} Focus Art Gallery Raja Annamalai Building, 19, Rukmani Lakshmipathi Road (Marshalls Road), Egmore Chennai 600 008</p>	
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Uzbekistan: Promising Reforms and Striving for Stability

The ancient trade route between China and the Mediterranean “the Silk Road” evokes imagery of mosques and mausoleums but the reality is far different.

Uzbekistan, after its break up from the Soviet Union in 1991 is striving ahead and providing stability in the region and has begun a slow transition to a market economy. It has taken steps to improve ties with its Central Asian neighbours and there is a glimmer of hope about the possibility of change and rectifying its dismal human rights record.

Throwing some light on this transition is **Stanly Johny**, the International Affairs Editor of the Hindu, who describes himself as a scribe by sheer accident.

Stanly Johny with a Ph.D in International Relations from Jawaharlal Nehru University, New Delhi wears many hats. He is the successful author of “The ISIS Caliphate – From Syria to the doorsteps of India”. He coordinates the Hindu's foreign affairs coverage and writes brilliantly on the Middle East, Eurasia and geopolitics!

We thank **Sucharita Prasad** for being our day facilitator.

SOMNA SACHDEV

SHEELA K SARATH

We thank you for the overwhelming response to the international trip to **Uzbekistan** . Please note that **the dates have changed to September 14-23rd**. The sign ups for the trip are now closed.

<h1>16^{Tue}</h1>	<p>10.15 ^{AM} The Folly Amethyst 28, Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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Hints for Healthy Kidneys

How do fad diets affect this important organ of our body? How much water intake is required to keep our kidneys healthy? How do other lifestyle-related practises affect the functioning of our kidneys? How can we keep them functioning in top form for our entire lives?

Dr S Suresh, nephrologist, will talk to us about what the kidneys do, how our lifestyles affect them and how to care for them. Dr Suresh is a graduate of Madras Medical College. He did his higher training in nephrology at the University of Rochester, USA. He is an American-Board certified Renal Specialist and a Fellow of the Royal College of Physicians of Edinburgh (FRCP). In addition to his clinical work, he has a keen interest in research and public health. He has authored many scholarly articles and contributed to authoritative books.

We would like to thank **Suma Eapen** for being our day facilitator.

NIRUPA SUNDARAVADANAN

SWATI REDDY

Our heartfelt condolences to **Badrunnisa Mahadevan** on the loss of her father

<h1>18^{Thu}</h1>	<p>10.15 ^{AM} CURIO PLAY 3, Ananda Road Alwarpet Chennai 600 018</p>	
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How India Voted

The recent Lok Sabha elections have led to many questions on the performance of the ruling party.

Has the Bharatiya Janta Party (BJP) been able to bridge the urban-rural gap in vote share? Who did women support? Did caste arithmetic fail in this election? Which party got support from which economic strata? What does this mean for Tamil Nadu in the coming term?

A massive mandate in favour of the Narendra Modi-led BJP has brought multiple questions to the forefront providing fodder for political analysts and insights for people like us.

Join us as we listen to our expert resource **Mr. Narayan Lakshman** of The Hindu, speak on the recent National Lok Sabha elections and the ramifications for Tamil Nadu in the coming years.

We thank **Nusrret Cassam** for being our day facilitator.

RINKU MECHERI

<h1>23^{Tue}</h1>	<p>11.00 A.M Avartana ITC Grand Chola Anna Salai, Guindy Chennai 600 032</p>	
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Avartana – Redefining Food from the Southern Indian Peninsula

The crown in its diverse portfolio of restaurants, the **ITC Grand Chola** showcases **Avartana** which reinvents contemporary South Indian food and pays homage through traditional and an innovatively modern interpretation of this robust cuisine.

The dining experience at Avartana is multi-sensory and envelops the guest with its cuisine, decor, colour scheme, ambience, service and its accessories. Timeless flavours come together in a medley of tantalising tastes and uber-stylish presentations.

Deepali Goyal will be in conversation with the Senior Executive Chef, **Ajit Bangera** who has been with the ITC group for years and is at the helm of this journey of South Indian food. Join us as the maestros shares his unending passion for beautiful food and takes you on a one of a kind behind the scenes story of Avartana.

We are very thankful to ITC Grand Chola and **Mr. Kuldeep Bhartee** for generously sponsoring the event

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

Please note:

- **The space restriction at the venue allows only 40 warn-ins**
- **The meeting starts at 11.20 a.m. and ends by 1.30 p.m. approximately**
- **Please warn-in only on 16th July-via whatsapp or text messages with your full name and code number to Jasmine Kabrajee on 98407 41900. Warn-in messages before that will not be entertained.**

JASMINE KABRAJEE

MASAKO MARUYAMA

<h1>25^{Thu}</h1>	<p>10.15 A.M. Crowne Plaza Chennai Adyar Park 132, T T K Road, Alwarpet Chennai 600 018</p>
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“When women get together as a group, it is immensely powerful” - Annie Lennox

On July 25th 1986, seven enterprising visionaries, **Nirmal Seshadri, Nancy Dean, Lakshmi Padmanabhan, Saroja Ramamrutham, Sunita Shahaney, Anneliese Hazari** and **Reva Singh**, came together to establish an organization which would grow to be one of Chennai's distinguished ladies association, the International Women's Association (IWA). Over time, IWA flourished under the guidance of our Past Presidents into an organization which not only strengthens ties of friendship and bonhomie but also challenges the intellect and keeps us stimulated.

Today we salute these women and celebrate the dynamic organization they have forged. Please join us for a morning of memories and laughter!

We heartily thank **Vijay Goyal, Deepali Goyal** and **Chandra Seoni** for their unstinting support in hosting this event year after year.

This is a member only meeting.

NIDHI THADANI

ANJALI SACHETI

THE MANAGING AND EXECUTIVE COMMITTEES

<h1>30^{Tue}</h1>	<p>10.15 AM The Folly Amethyst 28, Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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Slices of Life

Everyone loves a good story, and story-telling is an art form that embodies the narrator's ingenuity. IWA member **Tehnaz Bahadurji** weaves some remarkable stories culled from her palette of experiences and brings them to life with her expressive narrative skills.

Tehnaz describes herself as someone who loves to read, write, travel, help and empower people, explore and try new things, rejoice in family, friendship and the many splendours that Life has to offer. Efficient, organized, capable, dependable, and mischievous as IWA members testify, her story-telling reveals yet another fascinating facet of Tehnaz.

In each short story she captures mundane moments of life, and through powerful skills of observation, candidly and liberally peppered with wit and tongue in cheek humour, paints a visual depiction of the story. You can hear her stories on : <https://soundcloud.com/sliceoflifestories>. Or <https://www.youtube.com/channel/UCmeRDhM9EF4mNTRElsdlQ>

Ladies, we're in for a treat of some adept story telling, so do join us for a heart-to-heart with Tehnaz in conversation with IWA member **Jasmine Kabrajee**.

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

SABINA NARAYAN

SUSHI GOKLANEY

IWA Book Club - Our first member-led discussion will be on **Michelle Obama's** intimate and inspiring memoir **Becoming**. Three copies of the book are already in circulation. Call Sabina or Sushu if you want to sign on. This meeting is scheduled for August so there's lots of time to get a read, and join the discussion.



GLIMPSES OF FELLOWSHIP MORNING



Memories are made together!



DESTINATION
FELLOWSHIP

