

1 Fri	10.15 ^{AM} Managing Committee 11.30 ^{AM} Executive Committee @ Usha Moorthy's Residence
5 Tue	10.15 ^{AM} @ Avichi Hall YO-KOSO NIHON! Welcome to Japan 10.30 am to 12.30 pm IWA Journey 
7 Thu	10.15 ^{AM} Arts & Handicrafts @ Hanu Reddy Residences Painted Manuscripts of the Sarasvati Mahal Library IWA Journey 
12 Tue	10.15 ^{AM} Music & Performing Arts @ Folly Sacred Music
14 Thu	10.15 ^{AM} Arts & Handicrafts @ Not a box Paint with Thejo Warn-in IWA Journey 
19 Tue	10.15 ^{AM} Health & Ecology @ Focus Art Gallery We've Got Your Back !
21 Thu	10.15 ^{AM} Current Events @ Curio Play The Secret of Sustainable Living

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

26 Tue	10.15 ^{AM} Philosophy & Religion @ The KCP Ltd. Bhava Kavittvam ... a Peak into Telugu Poetry
28 Thu	10.15 ^{AM} Book Discussion @ Folly Design a Book Cover
1 Fri	10.15 ^{AM} Managing Committee 11.30 ^{AM} Executive Committee Usha B Moorthy's Residence Shreshta Panchajanya 25/51, Arundale Beach Road, Kalakshetra Colony Besant Nagar, Chennai 600 090

Meeting hosted by **Usha B Moorthy** and **Sanyukta Gill**

From the Presidents

Dear friends,

Last month we were saddened by the news of the demise of one of our Founders, Saroja Ramamrutham. She left us with memories of her beautiful smile, melodious voice and vibrant personality. She will always be remembered fondly.

There are times we have had to deviate from the meeting time and date, as printed in the newsletters, due to unexpected reasons. We have been sending emails and messages to inform the membership of these changes. To ensure that you do not miss these crucial updates, we request you to save IWA's official email address and official phone number in your contact list.

IWA in Chennai@gmail.com
+91 96001 77367

A huge 'Dil se' thank you to all the members who contributed to our "Great Big IWA Potluck!" The spread was extravagant and not a morsel was wasted. We even donated a cake to an orphanage, courtesy IWA member Poonam Lalchand.

We are almost at the halfway point of our journey but a lot more fun is to be had! Embrace the Journey!

NIDHI KAPOOR THADANI

ANJALI SACHETI

From the Membership Secretary

The Membership Committee met, as scheduled, on October 4th, 2019, to receive applications for new members. There were 5 legitimate applications, and photos and names of the ladies are printed for the consideration of IWA members.

As per IWA bye law 10G, "Any written and duly signed objections regarding these applicants shall be intimated to the Membership Committee." Such written **objections are a serious matter, and should be given due weight and consideration, both by the Sender and the Membership Committee.** They may be sent by email or by physical mail, to the undersigned latest by **Monday, November 11, 2019.**

Tehnaz Bahadurji

"Clover" H-49,
Anna Nagar East
Chennai – 600 102

The Membership Committee will **reconvene to meet all accepted candidates on Wednesday, November 13, 2019.**

TEHNAZ BAHADURJI



Suguna Anumolu



Sangeetha Bhandari



Rashmi Gupta



Amritha P Hariraj



Rajshri Linesh
Sundrani

From the Membership Secretary

We are happy to announce another new entrant to IWA under the Temporary **Non-Indian** category. We welcome Helle, and look forward to her presence at many of our IWA events in future.

Helle Stromholt (S-7) Danish

2nd Avenue, Sea Shore Town
Panaiyur
Chennai 600 119
Mobile : 73972 88454
Email : hellestromholt@hotmail.com

From the Treasurer

**RECEIPTS & PAYMENTS ACCOUNT FOR THE PERIOD
1st April'2019 To 30th September'2019**

RECEIPTS	Amount	Amount
To Opening Balance -Cash on Hand	6976.00	
To Opening Balance-Canara Bank SB	401173.61	
To Opening Balance-FD	1479869.00	
Sub Total		1888018.61
To Membership Annual Subscription		1706100.00
To Foreign Members Joining fee		9000.00
To New Membership fee		20000.00
To Guest Charges		28400.00
To Interest on Fixed Deposits		43612.00
To Interest on Savings Bank		9085.00
TOTAL		3704215.61
PAYMENTS		
By AGM Expenses 2018-2019		92750.00
By Meeting Expenses		346570.00
By Fellowship Morning		106150.00
By Founder's Day Celebrations		16561.00
By Legal and Professional Charges		40510.00
By Postage and Courier		22757.00
By Printing and Stationery		30241.00
By Salary to Accountant		54000.00
By Badges		4284.00
By Bank Charges		1387.00
By Closing Balance-Cash on Hand	14305.00	
By Closing Balance-Canara bank SB A/c	690939.61	
By Closing Balance-Fixed Deposit	500000.00	
By Closing Balance-Fixed Deposit	100000.00	
By Closing Balance-Fixed Deposit	424354.00	
By Closing Balance-Fixed Deposit	200000.00	
By Closing Balance-Fixed Deposit	250000.00	
By Closing Balance-Fixed Deposits	5515.00	
By Shortterm Fixed Deposit	800000.00	
By Tax Deducted at Source 2019-2020	3892.00	
Sub Total		2989005.61
TOTAL		3704215.61

USHA MOORTHY

Prayer meeting in memory of Saroja Ramamrutham



Our dear founder member Saroja has passed into the light, leaving us with only memories of the times we shared with her.

We pay respectful homage to her legacy, share happy stories of her at this sad time, and remember her fondly, for her role in creating an organization that continues to foster intercultural relationships.

We thank **Sunita Shahaney** for hosting this memorial meeting.

Date : 1st November

Time : 4.30 p.m

Venue : Residence of Sunita Shahaney

The Park Residences
Apt. H-3, 22
Vellaiyan Road
Kotturpuram
Chennai 600 085

We request you to please **RSVP** by calling **044-24471073**, **between 12.00 pm and 6.00 pm.**

5 Tue

10.15^{AM}

Avichi Hall (next to AVM Rajeswari Kalyana Mandapam)
101, Dr. Radhakrishnan Salai
Mylapore, Chennai 600 004

YO-KOSO NIHON!

Welcome to Japan!

Japan comes to Chennai in a multi-splendored event where members and the various committees of IWA join hands to showcase the various facets of this wonderful nation.

Be sure to be there for the event which will feature:
A fascinating talk on The Changing Fashion of the Kimono by IWA member **Caroline Sato**, an expert on the subject, who was drawn to Japan from Australia by a love of textiles and the vibrant fashion cultures in Tokyo. Caroline who has an M.A. in fashion, will trace the changing styles of the kimono through the eras of the Japanese emperors of the 20th century.

Ikebana demonstration by IWA member **Cherry Venkatesan** who will show us her mastery in the art!

Exquisite Origami display by IWA member **Masako Maruyama** who is skilled in this traditional art of paper folding!

We are delighted to welcome **Mrs. Karen Uchiyama**, wife of Hon'ble Mr. Kojiro Uchiyama, Consul-General of Japan, Chennai as our chief guest for this morning.

A big thank you to Cherry Venkatesan for being such a tremendous support and resource in putting together Japan Day and to the committee members for joining in with a little showcase from each activity.

The event would not have been possible without the generosity of **Usha Sarvanan** who has graciously offered us the use of a beautiful new hall.

We thank **Jaya Mahubani** for being our day facilitator.

Please note that this meeting will **start at 10.30 am**. Japanese refreshments will be served after the meeting. Please plan to be there for a little longer than usual as the **meeting will finish by 12.30 pm**.

NIDHI KAPOOR THADANI

THE BOARD

ANJALI SACHETI



<h1>7^{Thu}</h1>	<p>10.15^{AM} Hanu Reddy Residences 39/18, Binny Road Poes Garden Chennai 600 086</p>	
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Painted Manuscripts of the Sarasvati Mahal Library

A treasure trove of information

Serfoji II (1777-1832) the Maratha ruler of Thanjavur, was a bibliophile whose collection of manuscripts and books forms the bulk of the historic Sarasvati Mahal Library. The library contains several unique painted manuscripts, covering a wide range of subjects, which our IWA member **Nanditha Krishna** was able to study and which were photographed by IWA member Charu Rajamani's husband, the late Mr. V.K. Rajamani. This was published as a book, *Painted Manuscripts of the Sarasvati Mahal Library*.

A historian, environmentalist and writer based in Chennai, Nanditha Krishna has a Ph.D in Ancient Indian culture from Bombay University. She is a professor, and research guide at CPR Institute of Indological Research, affiliated to the University of Madras. She is the president of the C.P. Ramaswami Aiyar Foundation and founder-director of its many constituents. She is the author of several articles, research papers and 26 books.

It is over 100 years since the Sarasvati Mahal Library (which dates back to the Nayak era in the 16th century) became a public library. We invite you to celebrate it by learning about its painted manuscripts!

We thank **Sadiya Khaleel** for being our day facilitator.

KAUSALYA SANTHANAM

MANGAI KAMAL

Congratulations to **Shanthi Thomas** on the birth of her grandson.

<h1>12^{Tue}</h1>	<p>10.15^{AM} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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Sacred Music

Vidwan Professor Ramamoorthy Rao migrated to Chennai to learn Carnatic music from gurus. He has been awarded the Presidents Gold medal award for Carnatic music. However, his passion for Hindustani classics music led him to Mumbai. There under Pandit Bhimsen Joshi, he further shaped his musical journey.

Vidwan Ramamoorthy has the unique distinction of composing 1800 songs in Kannada, Sanskrit, Hindustani, Brighbhasha and Rajasthani. He has created a devotional style of presentation of Hindustani Bhajans influenced by Hindustani classical music.

His perspective on ragas and the spiritual approach towards music is well appreciated.

Mr Ramamoorthy Rao currently teaches Slokhas and Bhajans since 40 years. He specialises in meditation through music. He is a cancer survivor and attributes his curing totally to his disciplined lifestyle and his recitation of the Soundarya Lahiri over 100 times a day.

Welcome to a soothing morning of Bhajans and beautiful music.

We thank our day facilitator **Nabila Avais**

NANDI SHAH

NALINI PANDAY

Our heartfelt condolences to **Leena Surya Prakash** on the loss of her husband



<h1>14^{Thu}</h1>	<p>10.15^{AM} Not a box 2, 5th Street, Rutland Gate Near Gallery Veda Nungambakkam, Chennai 600 006</p>	
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Paint with Thejo

IWA member **Thejomayee Menon** is a Chennai based artist who has been practising art for over two decades. Thejo completed her M.A. and M.Phil. in Fine arts from Stella Maris College, Chennai and went on to become a professional artist as well as an art professor.

It's the journey of creating something that is often the real fulfilment of an experience with art. Join Thejo, as she takes you through a morning of painting- you don't need to have any prior experience of painting or art. Get your aprons on and enjoy the play of paint on canvas as we hear Thejo talk about her journey as an artist and as she guides us through the steps of painting.

This is a warn- in meeting restricted only to 40 members for participating, **however, any number are welcome to come and see and share the experience.** All art material will be provided for the 40 participants. Please do note that if you would like to paint, you should plan for 2 hours of your time as it will take that long for the painting to be done. The meeting for those participating in the painting experience will get over by 12.30 p.m.

We look forward to seeing you on this journey with creating your own art to take home.

Please warn-in for painting, by sending your name and membership number via text message / WhatsApp message to

Kausalya Santhanam @9841558467

Mangai Kamal @ 9840041066

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

KAUSALYA SANTHANAM

MANGAI KAMAL

<h1>19^{Tue}</h1>	<p>10.15^{AM} Focus Art Gallery Raja Annamalai Building 19, Rukmani Lakshmipathi Road Egmore, Chennai 600 008</p>	
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We've Got Your Back!

Whether from sitting at a desk all day, looking down at a smartphone, or lounging on a couch, poor posture can have many negative effects on your health. It can increase stress on muscles and joints, worsen circulation issues and cause fatigue. Understanding and improving posture can help reduce the strain and improve our physical efficiency.

Our speaker, **Dr A J Rajendran** is a well-known Physiatrist in the field of Cardiopulmonary rehabilitation. He is an alumnus of Madras Medical College and has over 30 years of experience. He is a Life Member of the Indian Association of Physical Medicine & Rehabilitation (IAPMR), the American Association of Cardiovascular & Pulmonary Rehabilitation (AACVPR) and Kuwait Physical Medicine & Rehabilitation Society.

We thank **Shweta Mohapatra** for being our day facilitator.

NIRUPA SUNDARAVADANAN

SWATI REDDY

Our heartfelt condolences to **Sadiya Khaleel** on the loss of her mother-in-law

<h1>21^{Thu}</h1>	<p>10.15 ^{AM} Curio Play 3. Ananda Road, Alwarpet. Chennai – 600 018</p>	
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“The Secret of Sustainable Living”

73 year old **Mr. Dwarkadas Suresh**, popularly known as Solar Suresh, is an example of sustainable living in an almost fully self-sufficient urban house. Completely solar-powered, his house also has its own biogas unit, water harvesting unit and kitchen garden. While the house has gained fame due to its renewable ways, so has its pioneering owner.

His latest project is a futuristic contraption that extracts water from air. In his words, “the Israelis came up with this technology and now it is made in Mumbai.” It is a miracle of science, better known as “Air O Water”.

Join us as our speaker Mr. Suresh shares his views with IWA on the burning issue of climate issue and how change has to begin with each one of us.

We thank **Deepika Goyal** for being the day facilitator for this event.

RINKU MECHERI

Our heartfelt condolences to **Srikanta Jhaver** on the loss of her husband

<h1>26^{Tue}</h1>	<p>10.15 ^{AM} The KCP Limited 2, Dr. P.V. Cherian Crescent Road (Near Ethiraj College), Egmore Chennai – 600 008</p>	
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Bhava Kavittvam... a peak into Telugu poetry

The romantic poetry of Telugu literature that spanned the three decades starting from 1910 is called Bhava Kavita.

Sreemathi Ramnath, born in a family of renowned writers, has been associated with the world of performing arts and literature all her life. She will lead us through the paradigm of handpicked poetry from this era, illustrating how people living in Andhra Pradesh viewed life and discovered their own meaning of it.

Shreya Ramnath, her daughter will be breathing melody into these poems, which have been set to music by stalwarts like Balamurali and Oleti. Shreya is an auditioned AIR artist, who has given several performances in a genre called Bhava Sangeetam, which is light classical music. She is currently pursuing her PhD in Sociology of Music.

Shared in their original Telugu form, Sreemathi will explain the poems' nuances in English, before they are sung by Shreya.

Join us on what promises to be a fascinating and melodious morning! We would like to thank our IWA member **Indira Dutt** for generously hosting this meeting.

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

SHEETAL PARAKH

GOWRI VISVANATHAN

28^{Thu}10.15^{AM}

The Folly, Amethyst
Whites Road
Next to Corporation Bank
Royapettah, Chennai 600 014



Design a Book Cover

IWA Book Club invites you to join members **Gowri Viswanathan** and **Deepa Ramaprasad** in a discussion of the book 'Circe' by Madeline Miller.

Ann Patchett describes this book as, *"An epic spanning thousands of years that's also a keep-you-up-all-night page turner."*

A story of family rivalry, intrigue, witchcraft, love and loss, the book celebrates Circe's journey towards discovering indomitable inner strength in a man's world. The creative storytelling of this book coupled with its unforgettably vivid characters, mesmerizing language and page-turning suspense makes it an absolute must read.

In keeping with the book's vivid imagery, we ask you to unleash your creativity and design what you believe would be an apt cover for Circe. It could be in any medium- a drawing, photograph, collage, mixed media, anything that your imagination conjures up. You may email it prior to the meeting to sabina.narayan@gmail.com or print it on an A4 size paper, and bring it to the meeting.

We thank **Vimal Shivdasani** for being our day facilitator.

SABINA NARAYAN

SUSHI GOKLANEY

Our heartfelt condolences to **Praveen Mehra** on the loss of her husband

UZBEKISTAN- BUKHARA AND SAMARKAND MEMORABLE IWA TRIP

Little did we imagine a land so different in terrain, with no high-rise buildings, absolutely clean 8 lane road ways (we did actually see a bridal party walk the path with the bridal train); people so friendly who spontaneously quip " Hindustani?, Namaste", and youngsters in groups asking for 'selfies' with us... This is Bukhara, the ancient city on the Silk Route was also called the city of 1000 merchants.

True to this name it is a shoppers' paradise from silk Ikat materials/ jackets, hand made pottery, carpets and many more (Uz airways limit of 20 kgs hanging on our heads made us restrict our shopping or I should add... for most of us).

The Kalon Mosque, 850 years old Minaret, the Ark – more than 1000 years old which served as the home for the rulers then, a small Jewish synagogue within the mosque area are some of the ancient and interesting places at Bukhara.

Samarkand, another ancient Holy city, a city of dreams, built on the dreams of Amir Timur, about whom we had a hilarious, yet historically relevant discussion with our 'friendly and sincere guide', Mr Mukadis, who patriotically defended their national hero.

The scientifically relevant Ulugbek Observatory, the majestic Gur Emir Masolium which also has the final resting place of Timur (inside the largest piece of green jade in the world), the impressive Registan Square, are some of the city's gems to offer to the tourists who throng the place from all over the world today. The 'light and music' evening show at the Registan Square was an awesome experience to be remembered forever!

Food, hah, what instagramists would love to photograph the succulent shashliks and kababs, which were full of savor and flavor! This is strictly for the non- vegetarians, as the vegetarians had to live

with the few - aubergines and yellow pumpkins that there doing the rounds!

The 'fruits only, Melon only', desserts did help us keep our figures intact!

The snacks that kept coming on our bus rides as Suchi aptly called this Food Diva - Tehnaz, the IWA Annalakshmi, the gleeful friendly chatter of 30 members constantly ringing in our ears, shopping in groups in a frenzy as if there's going to be 'no tomorrow', long city walks / sight seeing, night strolls under the brightly lit sky, the laughter & the gamboling, gave us a super IWA UZBEKISTAN holiday; in the words of a first timer on IWA trips, Shweta, "I never knew IWA trips are such fun. It is such a wonderful experience for me".

Not just for her, for all of us, a meticulously planned and excellently organized, memorable trip!.

PRINCESS NAIK

Memories of Uzbekistan

Uzbekistan - The very name conjures up images of caravanserais, the fabled silk route, breathtaking blue-tiled mosques and madrassas and the genial smiles on the weatherbeaten faces of its people. Coming out of the shadow of Communist Russia, it is an interesting juxtaposition of the ancient and modern and has as it's national hero Amir Timur.

We set out on the 14th of September 30 of us, all of with different expectations but united in enjoying ourselves. We arrived in Tashkent in time for dinner, and all of us woke up the next morning ready to enjoy our walking tour of Tashkent - taking in the sights of the tree lined avenues, gardens, the national museum and statue of Amir Timur interspersed with shopping and ice cream . Post lunch we visited the bust of Lal Bahadur Shastri, had a ride in the metro, and saw the beautifully ornate stations . We came out into Friendship Square and off we were to the airport to reach our next stop Khiva.

Khiva - We stayed at the Asia Khiva hotel in the Inchon Qala, the perfectly preserved medieval walled town. An early start to see the famous and imposing Poi Kaiyan dome, which dominates the skyline and everyone's attention . A quick dash by Nidhi, Anjali and Usha Jawahar up the minaret made all us sitting in the sun both proud and envious of those nimble legs. An international dance festival was being held at the site of the dome, and that was where we were treated to a delicious dinner at a terrace restaurant which gave us a birds eye view of the proceedings against a backdrop of the setting sun and a cool wind blowing . Magical and alluring and all that was missing was a flying carpet !!! Well, we can dream can't we - however we did have a drone taking pictures.

Bukhara - By 0900 hours and we are in the bus to our next stop . We sang, we ate, we chatted and that was repeated over and over again, and amidst a rural setting, we got a pit stop to have our lunch and we set off again and at 1800 hours we were in Bukhara (considered Central Asia's holiest city) and is referred to as Bukhara e Sharif. We were delighted to note that our hotel Shahrison was located bang in the middle of a market selling wares to suit every budget and interest. We hit gold here !! Sightseeing included the Kalon Mosque and its 12th century minaret, the spectacular looking Ark housing the emirs and was a town, within a town, which included the Juma mosque and the Reception and coronation courtyard. We also visited the Kalon mosque and minaret amongst other imposing buildings and monuments.

Samarkand - A new day dawns and we are off on our bus to a new destination. Quick mention here of our amazing guide Mr Mukadizz, our driver Avaz Khan and Ibrahim. Their amazing hospitality, kindness and thoughtfulness regarding our comfort and dietary requirements coupled with their love and interest for India and Bollywood, made us all feel special.

Registan - meaning sandy place. The 3 grand edifices are an imposing trio with the Sher Dor Madrassa with its image of roaring felines (unusual in Islamic imagery) its neighbour in the centre is the Tilla kari (gold covered) and on the western side is the Ulugbek Madrassa. The sound and light show in the night further highlighted the architectural splendour and magnificence of these monuments . The Gur-E-Amir mausoleum marks the final resting place of Timur along with his 2 sons and 2 grandsons. The tile work and dome are particularly beautiful.

Our final day in Samarkand and we get to see the jewel of this city which houses the the grave of Qasim Ibn Abbas cousin of the Prohpet Mohamed and the person who brought Islam to this part of the world in the 7th century. It also housed the graves of a sister and niece of Timur. The crowds of people, the bright sun and the forty steps leading up to the site didn't deter our members from taking in the most intricate tile and mosaic work which was stupendous to say the least. This was preceded by a visit to the Uluqbek Observatory which was clean, well maintained and was surrounded by a beautiful garden.

Tashkent - We were reaching the last leg of our amazing journey and we are once again treated to the sights of imposing buildings which include the Office of Internal affairs (we gulp in trepidation) and Cosmonaut square in memory of Yuri Gagarin amongst others. We wonder about Lyka though there is no mention or statue of the brave, endearing dog who went to space. A celebratory dinner and we set out to tackle our last day in Tashkent which included shopping, coffee and conversations. After a lovely dinner we head to the airport ready to return to our realities and responsibilities. Would I go back to Uzbekistan? Yes, in a heartbeat but it would lack the charm, companionship and joy without the presence of the amazing 29 women who I travelled with.

Das Vidanya Uzbekistan. We wish you and your people well.

SHOBHA JESUDASEN

UZBEKISTAN TRIP





