

<p>3^{Mon}</p>	<p>10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee @ Folly</p>
<p>6^{Thu}</p>	<p>10.15 ^{AM} Book Discussion @ Folly An Adventure on the Other Side of the World IWA Journey </p>
<p>11^{Tue}</p>	<p>10.15 ^{AM} Philosophy & Religion @ Folly Effortless Living</p>
<p>13^{Thu}</p>	<p>10.15 ^{AM} Cooking Swapshop @ Hanu Reddy Residences Leftovers' Makeover IWA Journey </p>
<p>18^{Tue}</p>	<p>10.15 ^{AM} Health & Ecology @ Focus Art Gallery A Bridge Not Too Far</p>
<p>20^{Thu}</p>	<p>04.00 ^{PM} Current Events @ Hanu Reddy Residences Demystifying The Right to Dissent and Peacefully Protest</p>
<p>25^{Tue}</p>	<p>10.15 ^{AM} Music & Performing Arts @ Folly Dhrupad Performance</p>

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

<p>27^{Thu}</p>	<p>10.15 ^{AM} Book Discussion @ Folly Dumb Charades</p>
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<p>3^{Mon}</p>	<p>10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee The Folly Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>
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Meeting hosted by **Nandi Shah** and **Nalini Panday**

From the Presidents

Dear friends,

We have had such an invigorating journey so far, and our IWA summer break is approaching on the horizon.

Speaking of journeys, our members will be traveling to regal Rajasthan this month. In true IWA style, it promises to be a trip filled with lots of laughter, lots of food, and of course, lots of shopping! Look out for pictures and travel accounts in next month's newsletter.

Our 2019-2020 journey, as members of the Managing Committee, is nearing completion. The Election Sub-Committee is now in place, and they will be identifying eligible candidates for the 2020-2021 IWA year. We thank them for taking on this responsibility and wish them all the best in their endeavors!

On a separate note, the updated IWA phone directories are available for purchase at our meetings for a cost of ₹ 150. A big thanks to **Jeyasree Ravi** and **Tehnaz Bahadurji** for all the effort they have put into meticulously collating member data!

There are only two more months left in this IWA year, but for those of you who are in the process of completing your required attendance, never fear! We have many delightful meetings lined up.

Embrace the Journey!

NIDHI KAPOOR THADANI

ANJALI SACHETI

From the Managing Committee

The Managing Committee has appointed the following members to serve on the Election Sub-Committee for the election of the IWA Office Bearers for 2020-2021:

Chairperson : **Nina Kothari (Indian)**

Members : **Javanthi Singaram (Indian)**
Ramani Reddy (Indian)
Aruna Vijaykumar (Non Indian)
Meyyammai Murugappan (Non Indian)

From the Election Committee

All members who are eligible to be nominated to a post on the Managing Committee 2020 -2021 will receive an email and/or message by SMS or WhatsApp, to verify whether they are willing to be nominated for such a post. Please respond at the earliest, according to the instructions given in the message.

If you are eligible, but you do not receive a message by **15th February, 2020**, please call any member of the Election Committee.

Chairperson : **Nina Kothari - 044-28278888**

Members : **Javanthi Singaram - 9500071425**
Ramani Reddy - 9840086858
Aruna Vijaykumar - 9884120150
Meyyammai Murugappan - 9840077344

From the Treasurer

**RECEIPTS & PAYMENTS ACCOUNT FOR THE PERIOD
1st April 2019 To 31st December 2019**

RECEIPTS	Amount	Amount
To Opening Balance -Cash on Hand	6976.00	
To Opening Balance-Canara Bank SB1287101014396	401173.61	
To Opening Balance-FD	1479869.00	
Sub Total		1888018.61
To Membership Annual Subscription		1718200.00
To Foreign Members Joining fee		11000.00
To New Membership fee		20000.00
To Guest Charges		38300.00
To Interest on Fixed Deposits		82028.00
To Interest on Savings Bank		14276.00
TOTAL		3771822.61
PAYMENTS		AMOUNT
By AGM Expenses 2018-2019		92750.00
By Diwali Celebrations		58166.00
By Meeting Expenses		529433.00
By Fellowship Morining		106150.00
By Founder's Day Celebrations		16561.00
By International Music day		17960.00
By Legal and Professional Charges		40510.00
By Postage and Courier		41440.00
By Printing and Stationery		63621.00
By Salary to Accountant		72000.00
By Badges		4266.00
By Bank Charges		1565.00
By Closing Balance-Cash on Hand	46406.00	
By Closing Balance-Canara bank Savings Bank A/c	794600.61	
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 Deposit	5515.00	
By Shorterm Fixed Deposit	400000.00	
By Tax Deducted at Source 2019-2020	6525.00	
Sub Total		2727400.61
TOTAL		3771822.61

USHA MOORTHY



6^{Thu}

10.15^{AM}
The Folly, Amethyst
Whites Road
Next to Corporation Bank
Royapettah, Chennai 600 014



An Adventure on the Other Side of the World

Travel to Peru and Bolivia with our own member **Vidya Gajapathi Raju Singh** as she journeys through cities and jungles, voyages on the Amazon River, experiencing all the excitement and exhilaration that such a voyage has to offer.

Climb the Inca Trail to Machu Pichu and drive through the Salt Flats of Bolivia, one of the natural wonders of the world as Vidya makes a visual presentation of her expedition and takes us through all her experiences.

“ Fill your life with adventure, not things
Have stories to tell, not stuff to show “ !!

Join us to explore an adventure in South America, through Vidya's eyes!

SABINA NARAYAN

SUSHI GOKLANEY

Please note that our next meeting is a member led discussion on the book **One Part Woman** by Perumal Murugan. The meeting is on March 26th at the Folly and the book will be available for borrowing.

<h1>11</h1> <p>Tue</p>	<p>10.15^{AM} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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Effortless Living

Is it possible in this lifetime to feel at ease in our lives, settled in ourselves, in our hearts, minds and bodies, to choose not to be buffeted by the everyday demands on our time and attention? Yes it is. It was this way once for each of us, but we have forgotten.

In this **90-minute interactive session** Rashmi Nair-Ripley will point out the structures in our consciousness that keep us trapped in a life of overwhelm, struggle and effort. We will explore the obstacles to this effortless life, and learn simple practices to see through the inner noise.

Rashmi is a Leadership Coach and Adult Development midwife. She has been a student of human maturation for over 20 years, and has been coaching and facilitating for over 14 years. Rashmi is instrumental in setting up 3 mindfulness programs at the Arlington Jail in Northern Virginia in the U.S. In addition to her coaching practices with executives and teams, she currently leads a weekly women’s group in McLean, Virginia.

This meeting will be **longer than our usual meetings**, we request you to kindly come prepared for the same.

We thank **Deepam Ravindran** for being our day facilitator.

SHEETAL PARAKH GOWRI VISVANATHAN

<h1>13</h1> <p>Thu</p>	<p>10.15^{AM} Hanu Reddy Residences 39/18, Binny Road Poes Garden Chennai 600 086</p>	
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Leftovers’ Makeover

Our multi talented member – **Usha Saravanan** will give us some ideas on how to turn leftovers into tasty dishes.

Usha has been passionate about cooking from her days in the UK as a child. Reworking Indian recipes with whatever ingredients were available, helped her focus on fusion cooking and with the influence of a paternal great-grandmother, she learnt how not to waste food and turn leftovers into tasty dishes.

Usha is a TV producer and director, she loves knitting, crocheting, quilting and is an animal lover and in her own words a “dog mother”.

We thank **Gita Chandrasekaran** for being our day facilitator

JASMINE KABRAJEE MASAKO MARUYAMA

Congratulations to **Kausalya Santhanam** on being conferred the ‘Lifetime Achievement Award’ by Amir Khusro Sangeet Academy

18 Tue	<p>10.15 ^{AM} Focus Art Gallery Raja Annamalai Building 19, Rukmani Lakshmipathi Road Egmore, Chennai 600 008</p>	
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A Bridge Not Too Far

An increasingly common concern in society today is the level of stress and anxiety faced by the younger generation. There are many youngsters suffering from emotional difficulties and behavioural problems. Let's take time to focus on the issues which affect them and their way of looking at things. The problems may seem age-old but are yet different when viewed with the unique perspective of current times. Better understanding will hopefully, help us connect better with the youngsters in our families and in society and collaboratively make things better.

Our speaker, **Dr Ann Helmus**, is a paediatric neuropsychologist with more than 25 years' experience. She's the director of NESCA, an integrative treatment centre in the Boston area that helps children and young adults. Dr Helmus received her undergraduate degree from Brown University and her doctorate from Boston University School of Medicine. Her post-doctoral training was done at Harvard Medical School and Children's Hospital Boston. Over the last five years, Dr Helmus has made quarterly trips to Asia to provide evaluation and consultation services to families and international schools.

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

NIRUPA SUNDARAVADANAN

SWATI REDDY

20 Thu	<p>04.00 PM Hanu Reddy Residences 39/18, Binny Road Poes Garden Chennai 600 086</p>	
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Demystifying The Right to Dissent and Peacefully Protest

Our society is presently abuzz with discussions and opinions on the freedom of expression and reasonable restrictions, the right to voice dissent or protest peacefully, the right to assemble and public order.

Join us for an interactive session with **Sanjay Pinto** as he demystifies and contextualizes this topic in terms of what is right by the Indian Constitution, in an unbiased and informative manner.

Sanjay is a well-known advocate, columnist, author & former Resident Editor - NDTV 24x7.

We thank **Meena Naru** for being our day facilitator.

RINKU MECHERI

25 Tue	<p>10.15 ^{AM} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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Dhrupad Performance

A 21st generation Dhrupad musician of the majestic Dagar lineage, **Niloy Ahsan** has a profound understanding of Indian philosophy and Marga Sangeet as well as traditional and classical styles of Dhrupad, Dhamar and Khayal. By amalgamating an equipoise between the austerity of Dagarvani Dhrupad and the versatile musical possibilities of the Sadharani Geeti, Niloy has emerged as one of the finest and most promising young Dhrupad vocalists.

He brings about the particular traits of the Raga he sings, along with a blossoming of Bhava and Rasa. And because a rigorous sadhana or spiritual effort is at the root of this, listeners from all walks of life can tune in and find a place in his music, that they can call their own.

Welcome to a morning of exquisite raga Dhrupad.

NANDI SHAH

NALINI PANDAY

27 Thu	<p>10.15 ^{AM} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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Dumb Charades

You are invited to a Book Discussion meeting with a twist. Join us as we play a game of Dumb Charades dedicated only to books.

The rules are simple - there will be two teams, Classics versus Fiction. Each team will be given a list of book titles of the relevant genre, should they wish to use it. Members are welcome to list their own favorites as well. A member of the team will volunteer to enact a title while the rest hazard their best guesses. Be prepared for moments of merriment and healthy competition as the teams get cracking. And it doesn't end there, once the name of the book has been enacted, teams will get bonus points for guessing the author and even for team effort.

This promises to be an entertaining morning so if you are a fan of reading, acting, interactive gaming, or simply happy to engage with fellow members, come along and enjoy some old fashioned hilarity and good hearted camaraderie.

We thank **Sherry Batliwala** for being our day facilitator.

SABINA NARAYAN

SUSHI GOKLANEY

Welcome Back



