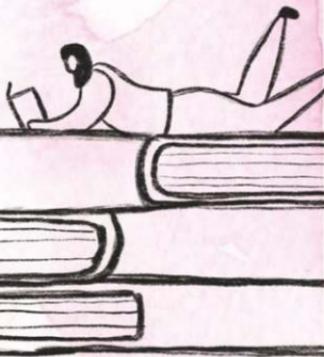
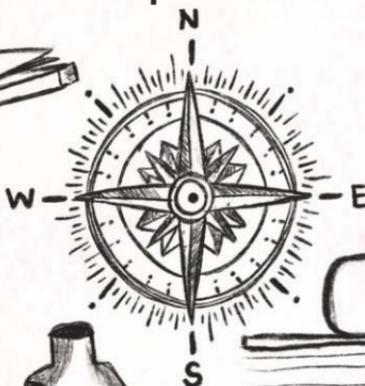
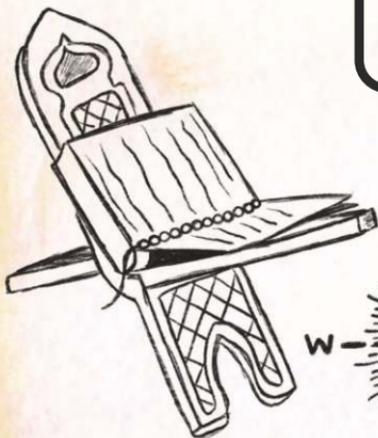




April 2021



EXECUTIVE COMMITTEE

2020 - 2021

Managing Committee

Presidents	Jeyasree Ravi Manisha Singhee
Vice Presidents	Tehnaz Bahadurji Shobha Jesudasen
Secretaries	Sheetal Parakh Mangai Kamal
Treasurers	Ritu Sahi Swati Reddy

Activity Chairpersons

Arts & Handicrafts	Deepika Goyal Anitta Abildgaard Clausen
Book Discussion	Sabina Narayan Gowri Visvanathan
Cooking Swapshop	Usha Saravanan Sheela K Sarath
Current Events	Nirupa Sundaravadanan Masako Maruyama
Health & Ecology	Fharzana Siraj Renuka Sabanayagam
History, Culture & Tours	Hemu Ramaiah
Music & Performing Arts	Nandi Shah Seema Sait
Philosophy & Religion	Sadiya Khaleel

April at a Glance

APRIL

5

MON

3.45 PM - **History, Culture & Tours**

Evening Meeting

APRIL

7

WED

3.45 PM - **Cooking Swapshop**

Evening Meeting

APRIL

9

FRI

3.45 PM - **Health & Ecology**

Evening Meeting

APRIL

12

MON

3.45 PM - **Music & Performing Arts**

Evening Meeting

APRIL

16

FRI

3.45 PM - **Current Events**

Evening Meeting

April at a Glance

APRIL 20 TUE	3.45 PM - Arts & Handicrafts Evening Meeting
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APRIL 22 THU	10.45 AM - Philosophy & Religion
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APRIL 26 MON	10.45 AM - Philosophy & Religion - Book Discussion
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APRIL 29 THU	10.45 AM - AGM
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MC / EC Meetings

APRIL 1 THU	3.00 PM - Managing Committee 4.00 PM - Executive Committee Evening Meeting
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Joyful congratulations to
Padmini Subramaniam
whose daughter Arundhati has received
the Sahitya Akademi Award 2020
for her book of poems,
'When God is a Traveller'.





Our deepest condolences to
Sushila Natraj,
who suffered a double loss,
sadly losing both her beloved grandson,
Harsha, and her elder brother.



Sincere condolences to IWA Special Guest,
Rajshri Linesh Sundrani
on the sad demise of her father in law.

From the Presidents

The secret of change is to focus all of your energy not on fighting the old, but on building the new - Socrates

None of us can ever forget this year. IWA's intrinsic nature is **knowledge and fellowship**. The relationship we share has evolved a notch as we found ways to bond digitally with the same excitement.

Each meeting was backed by brainstorming and trial sessions with a single motive - to **make IWA's digital stint memorable**. It was surreal to see members, who were travelling, login for our meetings from all parts of the world. The energy and enthusiasm wafted across our Managing Committee and Activity Chairpersons as well.

2021's **unique Grand Finale** was spread over a week. The 3-day celebration of music and art was a befitting conclusion to 2020's tyranny.

A big **thank you to all the members** who supported us with their presence on this virtual journey. The perennial flow of appreciation kept us on our toes. We thank all members for **quickly adapting to digital meetings** with a big smile. It was a first for many of us but IWA antennae are always tuned to work with the new and not around it.

From the Presidents

We thank the **Managing Committee** for supporting this year's meetings with a Banyan tree's composure.

As humanity steps into a new world, a renewed perspective is the need of the hour. We thank all the **Activity Chairpersons** for introducing IWA to the finest barons of diverse industries.

We thank members of the **Advisory Committee, Membership Committee** and **Election Committee** for their support and dedication

Special thanks to **Vanitha Mudaliar** for maintaining our IWA registered office in her premises, and to **Rani Ananth** for her support with the IWA blog.

Our **best wishes to the incoming Managing Committee and Executive Committee!** Wish you a safe and splendid year ahead!

A BIG THANK YOU TO ALL FOR MAKING THIS TERM SUCH A WONDERFUL SUCCESS!

JEYASREE RAVI

MANISHA SINGHEE

From the Vice Presidents

Dear Friends

This unique IWA year has been short on time but long on activity. **All communications were digital, and IWA took beautifully to the transition.** A resounding thank you to all members for your support with that.

Activity Chairpersons used the opportunity afforded by the digital platform to source **sparkling speakers from far and wide**, and yet honoured their commitment to deliver blurbs on time for the Newsletter.

This year our **Newsletter had a completely new look** - colour, photographs, so much imagery. The WhatsApp IDN group and email were crucial to the smooth functioning of activities, with **reminder messages and meeting links arriving conveniently right into members' hands.**

And all this, presided over by **Jeyasree and Manisha** in their inimitably graceful and considerate way.

Seems incredible that so much could be achieved in so little time. **Everything really fitted beautifully into a nutshell.**

TEHNAZ BAHADURJI

SHOBHA JESUDASEN

From the Secretaries

Dear IWA members,

Though a short year, this **virtual year has been packed with lots of learning and excitement**. Meeting on the virtual platform almost **felt like physical meetings**. All our apprehensions were rewarded with the enthusiastic response of our members, signing in from around the world. The camaraderie was steadfast.

We are grateful to our Presidents, **Jeyasree and Manisha**, for leading from the front, always available to hand-hold where necessary, and for their patience and gentle manner under immense pressure and deadlines.

The Executive Committee was energised by this unusual situation and managed to bring in some very interesting **speakers from around the country and the world**.

We would like to thank the entire team who went an extra mile in extending a helping hand, sharing responsibilities, and smoothing IWA's transition to the online platform.

We wish the incoming team a great year ahead.

SHEETAL PARAKH

MANGAI KAMAL

From the Membership Secretary

It's a point of honour that IWA has embraced the digital platform and the **transfer to a Green renewal system** so successfully. We thank all members for their support.

It is my joyful duty to report that even in this brief IWA year, we were happy to welcome **two new members** into our ranks.

Details of the membership renewal process will be shared after the AGM. We would request you to kindly fill all sections of the renewal form clearly and forward by email or WhatsApp.

We hope to see all of you in the next year, but if any member is not planning to renew her membership, we would appreciate a word of warning.

If you are unable to attend the AGM, please email in your **Leave of Absence in advance.** This is a statutory requirement.

SHEETAL PARAKH

From the Treasurers

Dear Members,

This IWA year has been like no other! A wonderful year interspersed with **so many firsts!** Completing the **renewal fee process** digitally, and **maintaining attendance records** of online meetings have been a learning and growing experience for us. Thank you, dear members, for adjusting to the change and also for your patience.

We, as Treasurers, enjoyed every bit of the short and sweet term. The support extended to us by the **Activity Chairpersons and the Managing Committee**, was phenomenal. .

Presidents **Jeyasree and Manisha** have showed us how to successfully adapt to change with ease. We have learnt a lot in our role as Treasurers.

We would like to express our **special thanks** here for the step forward taken by most members, **for opting for Neft transactions and working towards a greener environment.**

Best wishes to the incoming team of new Treasurers.

RITU SAHI

SWATI REDDY

History, Culture & Tours

APRIL

5

MON

3:45 PM

Link will be sent closer to the date



A Virtual Tour of the Piramal Museum - Journey to Modernism

The **Piramal Museum of Art** showcases the journey of **Indian art from the 17th C to Modernism**. Divided into three sections, the exhibition reflects on the history of India. It begins with **Before the Canvas**, featuring rare artworks created in the era before the canvas became popular. It then proceeds to **Smriti**, with artworks from a time when the country was transitioning from a passive British colony to a nation trying to assert its identity. The exhibition concludes with **Making Modern**, an ongoing exhibition that examines the emergence of Modernism in Bombay in the 1930s and 40s.

Ashvin E. Rajagopalan is the director of Piramal Museum of Art, Mumbai and the director of Ashvita's in Chennai. With over 18 years of experience in Indian Art, he **specializes in Modern & Contemporary Art**. Ashvin is a curator, researcher and writer and has authored 'Smriti - Art from the Piramal Collection' and an upcoming book on artist S. H. Raza.

Evening Meeting.

HEMU RAMAIAH

Ashvin E. Rajagopalan



**A Virtual Tour of the
Piramal Museum -
Journey to Modernism**

History, Culture & Tours

Cooking Swapshop

APRIL

7

WED

3:45 PM

Link will be sent closer to the date



Tiffin with a Twist

You are in for a treat! A diva of South Indian Cuisine, **Revathy Shanmugam**, daughter of the renowned Tamil poet and lyricist **Kannadasan**, is a familiar smiling face that pops out from several digital platforms.

Revathy has come a long way from 2000, when she started her television career with **AVM's Mangaiyar Choice** on Sun TV. Today, her YouTube channel, **Revathy Shanmugam Kalingarayar Veetu Samayal** is famous. She **specializes in Chettinad cooking** and has written several recipe books on Tamil cuisine. Besides, she is a well-known caterer.

She will **demonstrate 3 South Indian tiffin dishes** with the recipes, and plenty of **handy tips**, that make her dishes stand out from the crowd.

We thank **Princess Naik** and **Brahada Kameswaran** for being our Day Facilitators.

Evening Meeting.

USHA SARAVANAN

SHEELA K SARATH

Revathy Shanmugam



Tiffin with a Twist

Cooking Swapshop

Health & Ecology

APRIL

9

FRI

3:45 PM

Link will be sent closer to the date



An Elegant Crusader and Covid Warrior

We learnt it early in life but had no idea how deadly it could prove. What? The habit of spitting!

It's time to **relearn basic civic etiquette** from our speaker **Odette Katrak**.

She breathes to **make this world a greener, cleaner place**. A tireless crusader, she dons several hats – a soft skills trainer, writer, speaker, social activist and sustainability changemaker.

Among other awards over the years, she has been recognized as a "Woman on Wings" by Tangent India and as a 'Covid Warrior' by NDTV Banega Swasth India for her tireless efforts in her current top priority – Preventing the spread of Covid-19 through the **StopIndiaSpitting Campaign**.

Evening Meeting.

FHARZANA SIRAJ

RENUKA SABANAYAGAM

Odette Katrak



**An Elegant Crusader and
Covid Warrior**

Health & Ecology

Music & Performing Arts

APRIL

12

MON

3:45 PM

Link will be sent closer to the date



Contemporary Dance Ballet

Shloka Porwal, a 16 year old from Jaipur, is pursuing dance professionally. She is **training in ballet, contemporary dance and aerial dance** since 5 years.

To Shloka, dance is an expression of freedom. While she was coaching to be a swimming champion (she is a State level champion), she chanced upon dance and there has been no looking back since then.

She believes dance is not just a series of movements, but is much deeper. In addition to being a form of expression, **dance sets one free and has an overall calming effect.**

Her dream is to go to **Julliard**, one of the finest Arts schools in New York.

Let's wish her well and hope all her dreams come true.

Evening Meeting.

NANDI SHAH

SEEMA SAIT

Shloka Porwal



Contemporary Dance Ballet

Music & Performing Arts

Current Events

APRIL

16

FRI

3:45 PM

Link will be sent closer to the date



Empowering the Differently-Abled

India is thought to have a population of **more than twenty million people with disability**. The World Health Organization has developed an action plan that calls for member states to improve rehabilitation and support services to **enable those with disability to fulfil their aspirations in all aspects of life**.

Bhargav Sundaram is a Chennai-based social entrepreneur who has devoted his attention to developing several types of **mobility aids**. A motor racing enthusiast, he has been attracted by how **technology** could be adapted to help society. His organization not only **employs but also provides training to the physically challenged**. He helped with making the Guntur-Vikarabad express the first service in India to be fitted with a ramp and wheelchair access. He has proposed comprehensive plans to several government bodies to make their infrastructure accessible.

We thank **Cibi Mammen** for being our Day Facilitator.

Evening Meeting.

NIRUPA SUNDARAVADANAN

MASAKO MARUYAMA

Bhargav Sundaram



Empowering the
Differently-abled

Current Events

Arts & Handicrafts

APRIL

20

TUE

3:45 PM

Link will be sent closer to the date



The Heritage and Art of Kundan Meena Jewellery

The state of **Rajasthan** is widely known for its Art and Craft, pichwai paintings to tie and dye, but it's also famous for Kundan jewellery, more popularly known as Jadau jewellery.

Since 1735, the Bhuramal Rajmal Surana family business is synonymous with the **art of Kundan and Meena jewellery**. Maharaja Sawai Jai Singh II invited the Suranas to Jaipur to revive this **once-dying art form** and spread its charm all over the world. Since then, the Surana family has dedicated itself to preserving this art.

Chandana Surana is a part of the 5th generation of the family and looks after sales, and will take us on a journey to see how **this craft is converted from drawing board to reality**.

Evening Meeting.

DEEPIKA GOYAL

ANITTA ABILDGAARD CLAUSEN

Chandana Surana



**The Heritage and Art of
Kundan Meena Jewellery**

Arts & Handicrafts

Philosophy and Religion

APRIL

22

THU

10:45 AM

Link will be sent closer to the date



Going from Mind Full to Mindful

Going from Mind Full to Mindful - one letter makes all the difference. **Dr. Ranjini Manian** (Founder Chair of Global Adjustments Foundation) attributes her **successful Work-Life integration** to three decades of practicing this discipline. Together we will relook at the tools for training attention and enhancing positivity.

How do I **let go of insecurity, fear, anxiety?**
How do I **enhance clarity, concentration and responsive communication?**

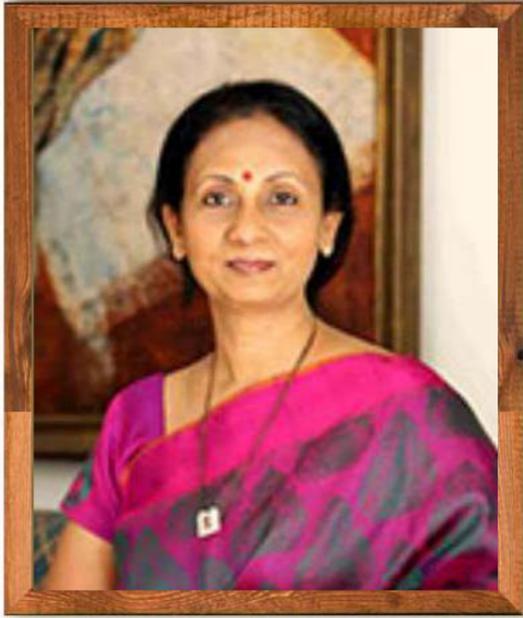
It starts with giving mind space and time for this important **Life Leadership goal of daily meditation**. Consistent practice develops emotional strength which goes hand in hand with material success and productivity. There will be a **guided meditation**, so please join in from a noise-free place.

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

Morning Meeting.

SADIYA KHALEEL

Dr. Ranjini Manian



**Going from
Mind Full to Mindful
Philosophy & Religion**

APRIL**26****MON****10:45 AM**

Link will be sent closer to the date



Philosophy of Decluttering

Saahil Mehta is an entrepreneur, author and passionate mountaineer. Ranked amongst the top 200 leaders to follow, he offers simple tips to being the **best version of yourself**.

Saahil believes that mastering the art of strategically **decluttering the non-essentials** from life empowers you to release the limiting illusions that chain you down. This philosophy enabled him to scale the summits of Kilimanjaro, Elbrus, Choicalqui and Kala Patthar on Mount Everest on the first attempt.

His debut book **BREAK-FREE** shares his personal journey, to transcend all odds to scale the summits of his dreams, and encourages us to dream up new personal summits every day.

We thank **Rehane Yavar Dhala** for being our Day Facilitator.

Morning Meeting.

SADIYA KHALEEL**SABINA NARAYAN****GOWRI VISVANATHAN**

Saahil Mehta



**DECLUTTER THE
MIND**



**DECLUTTER FROM
THE MATERIAL
WORLD**



**DECLUTTER THE
BODY**



BREAK FREE



DECLUTTER PEOPLE

Philosophy of Decluttering

Philosophy & Religion Book Discussion

From the Election Committee

Based on the nominations received for candidates for office bearers on the Managing Committee 2021-22, we are happy to declare that the following members have been elected unopposed to the posts mentioned against each:

	<u>INDIAN</u>	<u>NON-INDIAN</u>
President	Tehnaz Bahadurji	Shobha Jesudasen
Vice-President	Sheetal Parakh	Mangai Kamal
Secretary	Ritu Sahi	Sanyukta Gill
Treasurer		Swati Reddy

Our congratulations and best wishes to them for a successful term.

Election will be held for the following post :

Post Candidates (alphabetical order)

Treasurer – Indian **Deepali Goyal**
Sadiya Khaleel

Voting shall take place on **Monday 5th April, 2021 from 10 am to 12 noon**

at

Talking Technologies Private Limited

857, Poonamallee High Road

Kilpauk, Chennai – 600010

Contd.

From the Election Committee

Votes will be counted thereafter and successful candidates for the above post will be announced.

Please wear your MASK and bring your own PEN.
Let us take the necessary precautions and exercise our right to vote adhering to all safety measures.

Chairperson : **Asha Rammohan**

Members : **Urmilla Agarwal**

(In alphabetical order) **Malini Krishna**

Asha Murthi

Amulya Rao

Ex-Officio : **Jeyasree Ravi**

Manisha Singhee

Note : Voting Attendance will be added to your account for 2021-22

Annual General Meeting

Notice is hereby given that the **IWA Annual General Meeting** will be held virtually on **Thursday, 29th April 2021** at **11 a.m.** as per the sign-up details that will be sent closer to the date.

Sign in to the online link:

10.45 a.m. - 11 a.m.

AGM commences:

11 a.m.

The Agenda for the AGM is as follows:

- ❖ Welcome Address **Manisha Singhee**
- ❖ Passing of 2020 AGM Minutes
(sent out by email) **Mangai Kamal**
- ❖ Secretary's Report **Mangai Kamal**
- ❖ Membership Secretary's Report **Sheetal Parakh**
- ❖ Treasurer's Report **Ritu Sahi**
- ❖ Adoption of the Audited Accounts for the year 2020-2021
- ❖ Appointment of Auditors for 2021- 2022
- ❖ Special Resolution to reduce the Annual Membership Fee to Rs 4,000/- for the year 2021-22 only.
- ❖ Any Other Business
- ❖ Remarks by the outgoing President **Jeyasree Ravi**

Annual General Meeting

- ❖ Introduction of the Election Committee **Asha Rammohan**
- ❖ Presentation of the New Managing Committee 2021-2022
- ❖ Address by the incoming Presidents **Tehnaz Bahadurji**
Shobha Jesudasen
- ❖ Introduction of the New Executive Committee
- ❖ Vote of Thanks **Vidya Gajapathi Raju Singh**

Please note the following

A **separate email will be sent with the link** and password for the virtual AGM. Please note that the link is for use only by IWA members and not to be shared.

Attendance for the meeting will be based on members typing their name and membership number in the chat box.

Statement of accounts will be emailed to the members prior to the virtual Annual General Meeting.

JEYASREE RAVI

MANISHA SINGHEE

Founder Members

Nirmal Seshadri

Lakshmi Padmanabhan

Nancy Dean

Saroja Ramamrutham

Anneliese Hazari

Sunita Shahaney

Rewa Singh

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 Vijayakumar

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

Meyammai 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 Banger

2018 - 2019

Usha Jawahar

Mahvash Sait

2019 - 2020

Nidhi Kapoor Thadani

Anjali Sacheti

Every
thing
in a
NUTSHELL

*Live as if you were to die tomorrow.
Learn as if you were to live forever.*
- Mahatma Gandhi -