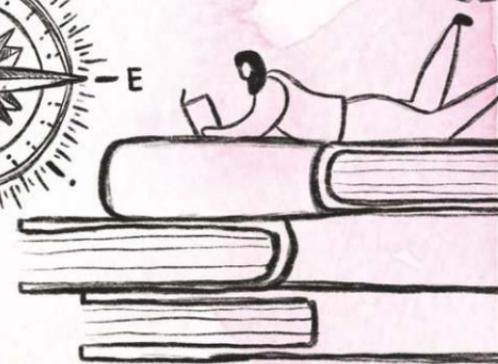
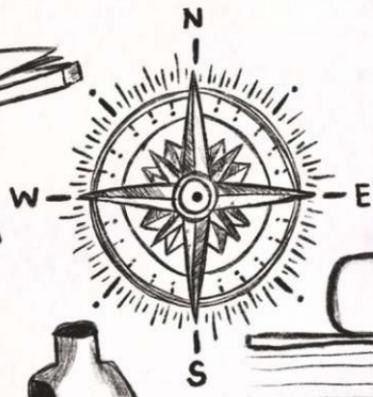




December 2020, January 2021



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

December at a Glance

DEC 28 MON	3.45 PM - CHRISTMAS Evening Meeting
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January at a Glance

JAN 5 TUE	3.45 PM - FELLOWSHIP Evening Meeting
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JAN 8 FRI	3.45 PM - Health & Ecology Evening Meeting
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JAN 12 TUE	3.45 PM - Book Discussion Evening Meeting
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JAN 19 TUE	3.45 PM - Cooking Swapshop Evening Meeting
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January at a Glance

JAN 21 THU	3.45 PM - History, Culture & Tours Evening Meeting
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JAN 25 MON	3.45 PM - Philosophy & Religion Evening Meeting
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JAN 27 WED	3.45 PM - Music & Performing Arts Evening Meeting
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MC / AC Meetings

JAN 2 SAT	3.00 PM - Managing Committee 4.00 PM - Executive Committee Evening Meeting
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JAYA MENON

Member since 1993



“Like a bird singing in the rain,
let grateful memories survive
in time of sorrow.”

- Robert Louis Stevenson

**We express our deepest condolences
to the family of Jaya Menon.
May her soul find peace and comfort.**

Joyful congratulations to
Usha B Moorthy,
on the birth of a darling grandson.



Heartiest congratulations to
Naina Shah on the wedding of
her son, conducted virtually
during lockdown.





Our deepest condolences to **Mano Bhaktavatsalam**, who suffered a double loss, sadly losing both her husband and her daughter-in-law.



Sincere condolences to **Rathi Nilakanthan** on the sad demise of her husband.



Sincere condolences to **Urmila Reddy** on the sad demise of her husband.



Sincere condolences to **Sunita Shahaney** on the sad demise of her husband.

Sincere condolences to **Nirmal Mirza** on the sad demise of her husband.



Sincere condolences to **Naina Shah** on the sad demise of her husband.



Sincere condolences to **Zubeida Asgar Ali Dhala** on the sad demise of her husband, also father-in-law of **Rehane Yavar Dhala**.



Sincere condolences to **Usha Umapathi** on the sad demise of her father.



From the Presidents

Welcome to the new year!

This year has been painfully shortened, but **we aim to make the remaining few months memorable.** As presidents, we promise to uphold the spirit of IWA in building knowledge, exchanging ideas and empowering international friendship and culture. Our theme for the year is ***Everything in a nutshell*** which aptly captures our vigor in empowering ourselves with information hidden within several genres.

Challenges are what makes life interesting and overcoming them is what makes life meaningful

- Joshua J Marine

We will be experiencing changes unlike IWA yesteryears. However, we have put in superhuman efforts to make this year memorable. Keeping our solidarity intact, physical or virtual, testifies to our commitment towards learning and growing. Moving this year's affairs online, let us continue to nourish our bonds of fellowship.

The Board and Activity Chairpersons have become technologically savvy trying to create the perfect ambience for our IWA meetings. **The process for members will be simple with zero complexities.** The meetings will be interactive and informative as always.

From the Presidents

Virtual Meetings

IWA women have always been open to changes and this year is going to be a leap for the moon. We will be going with the flow as we step into the uncharted environment of virtual venues.

Keeping all digital dogmas aside, we intend to make all our virtual meetings full of life and interactive, and **to translate all aspects of our usual physical meetings onto the online forum.**

Meeting Timing

We have placed emphasis on the convenience of all members by **moving the virtual meetings to evenings.**

IWA Tours

This year, we will have to **miss the very special bonding of IWA travels.** Keeping the safety and health of the members uppermost, we make this decision with a heavy heart.

Digital Newsletters

We will not be printing newsletters this year. Please stay **on the IWA Digital Network on WhatsApp** to receive the IWA Digital Newsletter. Teleconferencing links will be shared on these WhatsApp IDN groups, a day before each meeting.

From the Presidents

Renewal form

E-Renewal forms will be **emailed to you after AGM.**

Please take a print, fill the form, sign it and click a picture of it. That photo can be emailed to iwainchennai@gmail.com or WhatsApp'ed to **Ritu Sahi** at 93828 81478.

We request you to fill in your Whatsapp number and email id in order to **confirm contact details for the IWA Digital Newsletter.**

Annual Membership Subscription

Payment can be made by cheque or RTGS. Details will be in the renewal form

If you are a Non-Indian, you may use cash / cheque / bank transfer as a mode of payment. Please avoid cash payment keeping safety in mind.

Please contact us or **Ritu Sahi** for any assistance. In case of a bank transfer, please fill in the transaction number, name of the bank and date of transfer on the renewal form.

IWA Blog

We sincerely thank **Rani Ananth** for diligently maintaining the IWA blog every year. You can find the meeting blurbs on iwachennai.com as well.

Registered Office

We thank **Vanitha Mudaliar** for lending her space for IWA's registered office, and for hosting the IWA archives.

From the Presidents

Activity Chairpersons

Going digital means we can bring notable personalities from across the world to share their stories with us. Our Activity Chairpersons have been working hard to make this year **fun, forthcoming and futuristic**, with on-screen excitement and innovation. We have witnessed the barter of knowledge in our physical meetings, and we hope to experience the same positive energy in this one-of-a-kind IWA year. **We anticipate your enthusiastic support for all our meetings.**

Live as if you were to die tomorrow.

Learn as if you were to live forever.

- Mahatma Gandhi

JEYASREE RAVI

MANISHA SINGHEE

From the Vice Presidents

Dear Friends

The IWA year of 2020-21 starts late, but promises to be filled with novelty. Jeyasree and Manisha have a huge task on their hands, coping with all that newness. Whereas **our role is to try and hang on to the old familiar comfortable routine.**

For **purposes of health and safety, we have opted to go digital this year** - email and WhatsApp. The infrastructure already exists and many members are already wedded to it. These will now become our main plank of communication.

Remember us for any **news you want to share** with fellow IWA-members. Also if you have **an idea for a meeting or a resource.** And this year, with the push for digital, **resources could be from anywhere in the world,** as long as they are happy to share their skill and time with us, and their knowledge is of interest to our membership. **NextGen of IWA members** are also an always-welcome resource. We look forward to many fresh ideas from our members. Contact us at **iwainchennai@gmail.com.**

Here's hoping this uniquely short year ahead is filled with **excitement and new learning.**

TEHNAZ BAHADURJI

SHOBHA JESUDASEN

From the Secretaries

Dear IWA members,

We are excited about the upcoming IWA year - there will be new learnings and many challenges, and now we have **access to all the meetings from anywhere**, whether we are travelling or in the comforts of our homes.

With the first ever virtual AGM behind us, we would like to thank all who attended, and we hope it will be easier going forth. We are here to help make this experience easier and better, so do not hesitate to contact us.

Safety of our members being the top priority, we have decided not to courier the Newsletters for now, instead we will be sending it through the **Whatsapp IWA Digital Newsletter (IDN)** group and by **email**.

Please also keep us in the loop if there is any **change in your contact information or membership category**.

It is how we embrace the uncertainty in our lives that leads to the great transformations of our souls. - Brandon A. Treaan

Though we are in uncharted territory, we look forward to your support in creating a new experience this IWA year.

Let's learn something new together!

SHEETAL PARAKH

MANGAI KAMAL

From the Treasurers

A warm welcome to a new IWA year, with a few changes to suit the changed times.

The **Renewal Form is emailed along with this e-Newsletter**. Please fill it out completely and email it back to Ritu Sahi at ritusahi@hotmail.com Or you may print, fill in, photograph and WhatsApp the photo to Ritu at 9382881478.

With regard to **Membership Fees**. We would request you to make a **bank transfer**. All **details are in the Renewal Form**. Please **forward transaction details** to Ritu by WhatsApp, or the payment will not be credited to your membership. Please consider a **cheque only if bank transfer is not possible**. Ensure member name and number on the reverse, as always. Banks have become very strict, so please avoid errors and overwriting. Courier to: Ritu Sahi, 49/23, Halls Road, Egmore, Chennai-600008.

Guests are welcome for virtual meetings, but do inform us whilst signing in. **No Guest charges for virtual meetings**. For any physical meetings, guest charges will be applicable. Each guest may attend a **maximum of four meetings a year**.

Please contact Swati Reddy at swati_reddy@yahoo.com or on 9884177777 regarding **directory changes, attendance, name badges or bye law books**.

Looking forward to a unique and memorable year.

RITU SAHI

SWATI REDDY

IWA Helpline



Any queries with regard to :

Registration for digital newsletter	Mangai Kamal
Change in membership category	Sheetal Parakh
Attendance, name badge, copy of bye-laws book	Swati Reddy
Change in address, mobile, phone, email (directory details)	Swati Reddy
Any news you want to share with fellow IWA members	Tehnaz Bahadurji
Sponsor meetings, home meetings, suggestions with regard to meetings and speakers	ACPs or Presidents
Assistance with joining a virtual meeting	ACPs, day facilitators or Managing Committee

Please call between 10am and 6pm from Monday through Saturday

Membership Sub-Committee 2020 - 2021

We thank **Amulya Rao** for her valuable contribution to the Membership Committee.

We welcome **Jansi Kishore** as the new General Body member.

The committee is as follows :

Presidents

Jeyasree Ravi

Manisha Singhee

Immediate Past Presidents

Nidhi Kapoor Thadani

Anjali Sacheti

Vice Presidents

Tehnaz Bahadurji

Shobha Jesudasen

Secretaries

Sheetal Parakh

Mangai Kamal

Immediate Past Membership Secretary

Tehnaz Bahadurji

General Membership

Princess Naik

Jansi Kishore

JEYASREE RAVI

MANISHA SINGHEE

Advisory Committee

Alagu Muthu has completed three years on the Advisory Committee. Her thought process reflects a healthy inundation of efficiency, clarity and precision. Her optimism and enthusiasm were a welcoming respite while we were battling the first leg of the pandemic outbreak. She has been an invaluable member of the Advisory Committee.

Thank You, Alagu.

Nita Reddy has kindly consented to be on the Advisory Committee. We are confident and excited to receive her valuable insights as she carries years of IWA experience

Welcome, Nita.

The Advisory Committee members are Achu Kurian, Cherry Venkatesan and Nita Reddy.

JEYASREE RAVI

MANISHA SINGHEE

AGM Resolutions

At the IWA AGM held on 22/12/2020, these two resolutions were passed by a thumping majority of members of the General Body present.

They are reproduced below for the convenience of all members.

SPECIAL RESOLUTION 1

RESOLVED THAT consent of the members of the Society be and are hereby given to add clause no. 21 A after clause no. 21 of the bye-laws of the society as under:

The Managing Committee may opt to conduct the Managing and Executive Committee meetings, Annual General Meetings, Extraordinary General Meetings and any other meetings as it deems suitable, by way of video conference or by any other audio/visual communication means, at its discretion.

Attendance at such meetings will be considered at par with that of physical attendance.

Wherever possible, physical meetings will continue to be held.

AGM Resolutions

SPECIAL RESOLUTION 2

RESOLVED THAT consent of the members of the Society be and are hereby accorded to reduce the Annual Membership Fee to Rs. 2,000/- for the year 2020-21.

FURTHER RESOLVED THAT consent of the members of the Society be and are hereby accorded that the Annual Membership Fee for the year 2021-22 onwards, will automatically revert to the normal pattern, as stated in bye-law 10-P and as amended in 2016-17, namely, 10% increase per year, being 2019-2020 as base year which amounts to Rs 6,655/- in the year 2021-22.

Thanking all members for the support and resounding vote of confidence in the Management Committee, as reflected in the passing of these two resolutions with such ease.

Zoom Virtual Meeting Tutorial

Download the Zoom app on your device.



Before the meeting, you will **receive an email or WhatsApp message** with the meeting link.

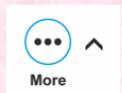
As a participant, all you have to do is **click that link**. That will take you to the meeting. You must **give Zoom access to your Video and to Internet Audio**.

You may be included in a **Breakout Room**. If your audio and video are on, you can chat with a smaller group there. Virtual Fellowship.

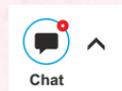
If you wish **to return to the main group**, you could look for a blue button that says "leave". You may need to touch/click on the screen to activate all these options, Chat, Mute, Video, Leave, etc.



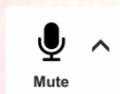
Please look for the "... More" symbol on your screen. Click on it and choose the "Chat" option. **Type your name and membership number into the message box** and "send". Thank you. **This is your attendance.**



You may also use this "Chat" option to **send in questions** or remarks.



Once the main meeting starts, please **put yourself on Mute**. Look for the mike image either top or bottom of your screen. Tapping it, will **mute** your voice.



On the left top section of your screen, you will see a symbol offering Grid View or Active Speaker view.

Use Grid view when chatting with friends.



Use Active Speaker when listening to the presenter. Please remember to Mute yourself.

Clicking the red button "Leave" on the left top of your screen, will permit you to **leave the call**.

A few friends may choose to get together and attend meetings together. Please follow proper masking and distancing protocols.

Feel free to have your own coffee or a glass of water nearby.

It's advisable to use a computer or tablet like the iPad, since you can see more participants at a time onscreen. But you can certainly use your smartphone too.

Welcome to the virtual world.

Christmas

DEC

28

MON

3:45 PM

Link will be sent closer to the date

Jingle all the way!



Not one, but two diverse artists come together to celebrate Christmas with us at IWA!

Avi Natesan is a TedX speaker, teen-entrepreneur and the founder of Slime Space – an Instagram-born brand dealing with “slime” a versatile, stretchy toy which naturally relieves stress. She is also a self-taught origamist. Her enterprising nature garners praise and recognition. **Get playful** with coloured papers and decorate your home with handmade origami models. (Psst.. bragging rights included)

And what is Christmas without Carols? **Sing along with Shilpa Natrajan** who is a trained Western Classical Musician. Her collaboration with independent artists from India, Sri Lanka, Malaysia and the UAE has made her a young YouTube sensation.





Celebrate IWA Christmas by making **festive origami models** with Avi while listening to Shilpa's **soulful Christmas carols**.

Christmas Origami essentials (Keep them handy)

- 1 square sheet of brown paper -18 cm.
- 5 square sheets of green paper.

Sizes are: 12, 10, 8, 6, 4 cm.

- A rectangle strip of yellow paper of 1x20 cm to make the star for the tree.

(Don't worry about the size for this. Any strip of paper will do)

Going virtual is no reason to stay low-key. Decorate your screen frame and greet everyone with a natural backdrop.

Dress up in Xmas colours and wear a Santa hat. Do not forget your Gingerbread Man smile!

Members only evening meeting.

JEYASREE RAVI

MANISHA SINGHEE

THE BOARD



Fellowship

JAN

5

TUE

3:45 PM

Link will be sent closer to the date

Of all the things which wisdom provides to make us entirely happy, much the greatest is the possession of friendship."



– Epicurus



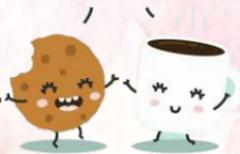
A great start for a new year! We are happy to have crossed the trials and tribulations of 2020 and emerged with renewed vigour. Join us in making IWA's digital experience as exciting as our physical meetings.

Experience **digital Fellowship**, with Zoom breakout rooms replacing the usual round tables. Give Air-fives to your **old friends** and welcome the **new members** of the IWA family.

The **camaraderie we cherish will remain the same** with a lot of virtual interaction and games.

Looking forward to your presence for the fellowship meeting.
Welcome back!

Members only evening meeting.



JEYASREE RAVI

MANISHA SINGHEE

THE BOARD



Health & Ecology

JAN

8

FRI

3:45 PM

Link will be sent closer to the date



Holistic Parkinsonism patient care in Covid times - A different approach

Most of us will be well acquainted with Parkinson's disease. Managing this disease requires knowledge, grit and commitment both from the patient and their close ones.

Dr. Simon Israeli-Korn, MB BChir (Cantab), MRCP (UK), PhD is a Neurology specialist with 10 years experience in treating **Parkinson's disease and other neurodegenerative and movement disorders**. He stresses the connection between emotional, cognitive and physical health.

With a physiotherapist and Pilates fitness instructor, he has **launched a social media community** to encourage and support exercise for Parkinson's patients during Corona.

He will share his experiences treating people with chronic neurological conditions by **integrating lifestyle medicine with hospital medicine** to provide a more holistic care to his patients even **through digital platforms**.

Evening meeting.

FHARZANA SIRAJ

RENUKA SABANAYAGAM

Dr. Simon Israeli-Korn



**Holistic
Parkinsonism patient care
in Covid times**

Health & Ecology

Book Discussion

JAN

12

TUE

3:45 PM

Link will be sent closer to the date



Short Stories - Pause, Reflect, Discuss

Book club invites you to a **narration and discussion on a short story**. While short stories may appear to be bitesized versions of a novel, they nevertheless can evoke deep thought and strong feelings from readers.

Andy Weir uses informal and evocative prose in his short story, to subtly engage the reader / listener to consider and reflect on **the meaning of self-identity, life and death**.

Weir masterfully leads readers through a simple yet imaginative conversation between two main figures, provoking reflection.

Come dialogue with us, as we begin this new IWA year amidst the backdrop of the pandemic, in what promises to be an engaging voyage.

We thank **Shefalii Dadabhoj** for being our Day Facilitator.

Evening meeting.

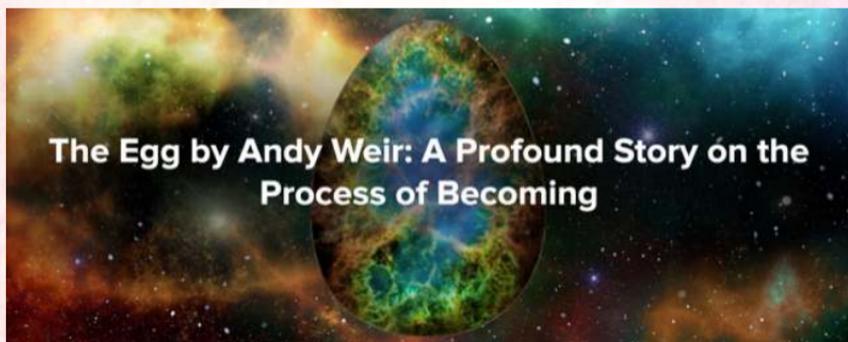
SABINA NARAYAN

GOWRI VISVANATHAN



Short Stories - Pause,
Reflect, Discuss

Book Discussion



Cooking Swapshop

JAN

19

TUE

3:45 PM

Link will be sent closer to the date



Showcasing tasty tangy THAI delights

The aromatic cuisine of Thailand is a favourite with food lovers. It takes skill to balance the **five flavours – sweet, spicy, salty, sour and bitter** - in its flavourful fragrant dishes. An art that has been perfected by **Chef Ramkumar Varatharaj** of the city's first specialty Thai Restaurant **Benjarong**.

Winner of many Culinary awards, Ramkumar was made **Brand Chef of Benjarong Pan India** in 2012 and has never looked back. He has travelled extensively in Asia and **conducted many regional Thai Food Festivals and workshops** promoting Thai cuisine.

Please join us and garner some handy tips from the **Master Chef** himself!

We thank **Badrunnisa Mahadevan** for graciously hosting the Cooking Demo. We also thank **Veena Swamy** for being our Day Facilitator.

Evening meeting.

USHA SARAVANAN

SHEELA K SARATH

Chef Ramkumar Varatharaj



Showcasing tasty tangy
THAI delights

Cooking Swapshop

History, Culture & Tours

JAN

21
THU

3:45 PM

Link will be sent closer to the date



Avadh and the Game of Thrones

This deep dive into Indian History connects events across two centuries - the rise and fall of a city, **its pivotal role in the evolution of the British Raj**. It begins as a bird's eye view of medieval India, hovers over the Gangetic plains of **mid 18-19 C Avadh (Oudh)** and converges on its capital at Lucknow, which became the epicenter of the 1st war of Independence. **Extensive use of old maps, paintings and photographs** makes it a compelling narrative.

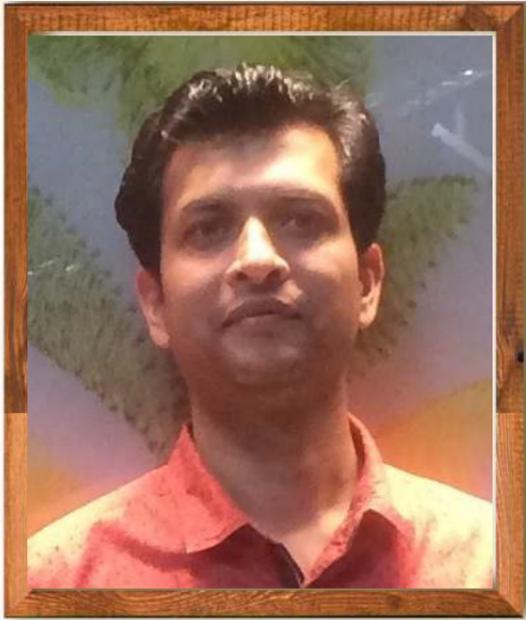
Our Speaker **Samir Madhusudhan Kher** is a traveler with a passion for India and its people. He has spent the last decade running a community-owned eco-tourism enterprise in Kumaon, Uttarakhand. He is also a corporate trainer and facilitator of non-formal education for children. He founded Deep Dive India, an educational-travel start-up which creates Immersive Learning Programs to bridge classroom education with direct experiences in the field.

I thank **Somna Sachdev** for being our Day Facilitator.

Evening meeting.

HEMU RAMAIAH

Samir Madhusudhan Kher



**Avadh and the Game
of Thrones**

History, Culture & Tours

Philosophy and Religion

JAN

25

MON

3:45 PM

Link will be sent closer to the date



Philosophy is in Fashion and it could transform your 2020s

Neerja Singh is a professional Speaker on Generational Empathy, Author, Blogger, Magazine columnist, Social Sensitization Catalyst. She will engage us in an **interactive session on Life Philosophy**.

Philosophy had lost its relevance and was considered a defunct space in the 20th century. But in an interesting new trend in the publishing industry, classical philosophers are being repositioned as **self-help gurus**. In place of the usual psychologists, athletes and mystics, the **deep thinkers seem to have the answers to all our questions**.

Traditionally **Philosophy booms during periods of enormous change**, and the global crisis point we are in today, has brought Philosophy back in fashion. Sign in, and learn how it can help us all.

We thank **Kausalya Santhanam** for being our Day Facilitator.

Evening meeting.

SADIYA KHALEEL

Neerja Singh



**Philosophy is in Fashion and
it could transform your 2020s**

Philosophy & Religion

Music & Performing Arts

JAN

27

WED

3:45 PM

Link will be sent closer to the date



Celebration of Music

Kalaimamani **Dr. Padma Subrahmanyam** is a Padma Shri and Padma Bhushan awardee, and is acclaimed as a rare combination of dancer, research scholar, choreographer, singer, music composer, teacher, author and Indologist. She is currently the President of Nrithyodaya, the dance school founded by her late father, Dr K Subrahmanyam.

Kalaimamani **Dr. Sudha Ragunathan** is a Padma Shri and Padma Bhushan and Sangita Kalanidhi awardee, and one of India's foremost Carnatic vocalists. She has evolved a style of her own where the soul of her music lies in the dynamism of her presentation, while the exceptional motifs and matrices of ragas and swaras make it a quintessentially distinct amalgam.

We are supremely fortunate to have to have these two shining stars in our Carnatic musical firmament speak to us at IWA, discussing **this year's unique online Margazhi.**

Kausalya Santhanam, our very own IWA member, is delighted to moderate the conversation. Do join us on this unforgettable musical journey.

Evening meeting.

NANDI SHAH

SEEMA SAIT

**Dr. Padma
Subrahmanyam**



**Dr. Sudha
Ragunathan**



Celebration of Music

Music & Performing Arts

Managing Committee



Jeyasree Ravi

Presidents



Manisha Singhee



Tehnaz Bahadurji

Vice-Presidents



Shobha Jesudesen



Sheetal Parakh

Secretaries



Mangai Kamal



Ritu Sahi

Treasurers



Swati Reddy

Activity Chairpersons



Deepika Goyal

Arts & Handicrafts



**Anitta Abildgaard
Clausen**



Sabina Narayan

Book Discussion



Gowri Visvanathan



Usha Saravanan

Cooking Swapshop



Sheela K Sarath



Nirupa Sundaravadanan

Current Events



Masako Maruyama

Activity Chairpersons



Fharzana Siraj

Health & Ecology



Renuka Sabanayagam

History, Culture & Tours



Hemu Ramaiah



Nandi Shah

Music & Performing Arts



Seema Sait

Philosophy & Religion



Sadiya Khaleel

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	Barbara Clarkson	Vanitha Mudaliar
1990 – 1991	Janet Picken	Sunita Shahaney
1991 – 1992	Nirmal Mirza	Stina Vasu
1992 – 1993	Malini Vijayaraghavan	Maureen Hudson Murari
1993 – 1994	Aruna Vijayakumar	Nanditha Krishna
1994 – 1995	Lily Madhok	Margaret Sekharan
1995 – 1996	Khinthida Lwin	Zubeida Asgarali
1996 – 1997	Alagu Muthu	Poonam Lalchand
1997 – 1998	Anneliese Hazari	Rupa Kadhiresan
1998 – 1999	Megan Utley	Shyla K Rau
1999 – 2000	Chandrika Chidambaram	Gayatri Bewoor
2000 – 2001	Eira Doshi	Javanthi Singaram
2001 – 2002	Rani Chada	Seema Sait
2002 – 2003	Kusum Chadda	Meyammai Murugappan
2003 – 2004	Elaine Wood	Sushila Natraj
2004 – 2005	Padma Ashok	Vidya Singh
2005 – 2006	Princess Naik	Rathi Nilakantan
2006 – 2007	Amulya Rao	Seema Bhargava
2007 – 2008	Kamala Prasad	Raziyeh Sheerazie
2008 – 2009	Lynne Connor	Rani Ananth
2009 – 2010	Elizabeth Aston	Shobha Hebbar
2010 – 2011	Mridula Srinivasan	Uma Ganesan
2011 – 2012	Cherry Venkatesan	Nina Kothari
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 -