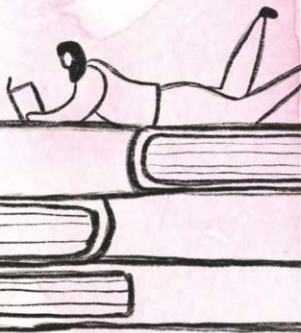
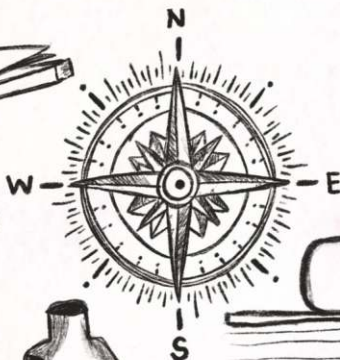




March 2021



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

March at a Glance

MAR

2

TUE

10.45 AM - **Book Discussion**

MAR

4

THU

3.45 PM - **Music & Performing Arts**
Evening Meeting

MAR

5

FRI

3.45 PM - **Arts & Handicrafts**
Evening Meeting

MAR

9

TUE

3.45 PM - **Current Events**
Evening Meeting

MAR

11

THU

3.45 PM - **Health & Ecology**
Evening Meeting

MAR

15

MON

10.45 AM - **Endowment Lecture**

March at a Glance

MAR 16 TUE	3.45 PM - Cooking Swapshop Evening Meeting
MAR 18 THU	10.45 AM - Philosophy & Religion - Book Discussion
MAR 24 WED	3.45 PM - GRAND FINALE 1 Evening Meeting
MAR 26 FRI	10.45 AM - GRAND FINALE 2
MAR 29 MON	3.45 PM - GRAND FINALE Evening Meeting

MC / EC Meetings

MAR 1 MON	3.00 PM - Managing Committee 4.00 PM - Executive Committee Evening Meeting
--------------------------------------	---

Joyful congratulations to
Beena Rammohan,
whose granddaughter Maalavika
has been included in Forbes list of
30 Young Heroes under 30,
for her musical talents.



IWA Directory

In March 2020, IWA had brought out a new directory including **members' photos**. These are still available for **purchase at Rs 150/-**

If you would like one, **please contact Swati or Jeyasree.**

Warm regards,
Jeyasree and Manisha

From the Presidents

Embracing the New has always been the usual for IWA, evident in the grand attendance at every meeting. On behalf of the Managing Committee and the Activity Chairs, we sincerely **thank you for your encouragement and support** throughout this short sweet IWA year.

The **Virtual Endowment Lecture** is scheduled on March 15, and IWA also goes **Virtual for a Triple Grand Finale** on March 24, 26 and 29.

The **Election Sub-committee** has a list of candidates **eligible to be part of the Managing Committee** 2021-2022. Nomination forms will be emailed and shared on IDN (IWA Whatsapp group). As per bye-law 11M (VIII) :“The Election Committee shall present to the members, the names of Indian and Non-Indian candidates who are eligible and willing to stand for election to the Managing Committee.. ” Photographs and posts held in IWA will also be shared. Please fill in the form and submit by **Friday, March 12**.

The **AGM is scheduled for April 29th**. Bringing to your notice the bye-law 10 Q (VI) on **termination of membership** for “A **member who does not attend three consecutive meetings of the General Body without leave of absence** in advance in writing”.

Reminding you we have **many interesting meetings lined up for March** and look forward to seeing you often.

JEYASREE RAVI

MANISHA SINGHEE

From the Membership Secretary

IWA is happy to welcome two new members.

Shefalii Dadabhoy D4

'Kanya' 16, Rutland Gate,
4th Street, Nungambakkam,
Chennai 600 006.

Mobile: +91 97898 89955

Email: shefnochef@gmail.com

Raylsi R. Ballhatchet B-1 - (British / Venezuelan)

20 Anderson Road,
Nungambakkam,
Chennai 600 006.

Phone number: +44 79384 55591

Email: rayballhatchet@gmail.com

Warm regards,

Sheetal Parakh

Book Discussion

MAR

2

TUE

10:45 AM

Link will be sent closer to the date



IWA Book Club

Join our members **Parvathi Nayar and Sushila Natraj** to discuss **"One Part Woman"** by **Perumal Murugan**, winner of the ILF Samanvay Bhasha Samman for writing in Indian languages. For **a book that earned its author death threats and was burned by mobs**, it is a surprisingly tranquil, sensuous read. This book also won the Translation Prize from India's National Academy of Letters. **Aniruddhan Vasudevan's idiomatic translation** preserves the mood of the original.

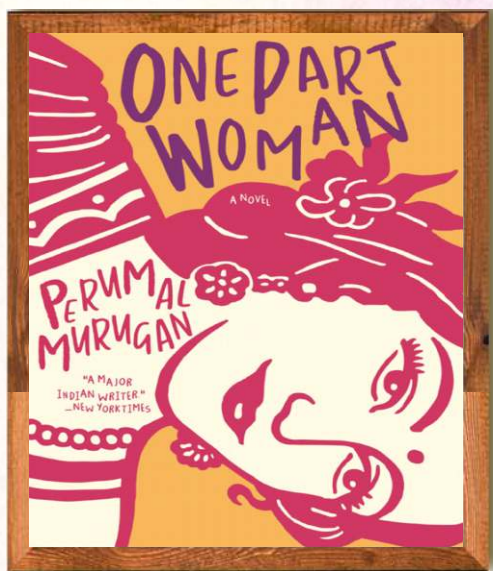
"Murugan's unsurpassed ability to capture Tamil speech lays bare the complex organism of the society he adeptly portrays: the double entendres men use towards Kali affirm their own masculinity as much as they mock him; women employ their only freedom, the freedom of speech, to put other women in their place; and most of all, the unsparing barbs of a judgmental, caste-ridden, patriarchal society alienate a couple longing to be like any other" - The Guardian.

We thank **Preeya Reddy** for being our Day Facilitator.
Morning Meeting.

SABINA NARAYAN

GOWRI VISVANATHAN

IWA Book Club



Book Discussion

Music & Performing Arts

MAR

4

THU

3:45 PM

Link will be sent closer to the date



An Italian's Sojourn in India

After completing her studies in Rome, Italian-born **Anna Laura Sciucca** learnt Bharatanatyam at the school of **Yamini Krishnamurti**, and simultaneously classical dance from **Kalakshetra**. Back in Japan, she learnt dance under the guidance of **Shubha Kokubo Chakraborty**.

In November 2010, she **performed her Arangetram**, and further studied dance in Ambalam college under **Indira Kadambi and Vijna Vasudevan**, two great exponents of Bharatanatyam. Since 2018, She has been studying dance from **Leela Samson** and Carnatic music and nattuvangam with **Sivasree Skandaprasad** "The process of refining my dance is still on" she says.

Anna has given numerous performances in Japan, India, and the U.S. She is an inspiration to many for her **sheer determination and grit** in learning an Indian art form and language. IWA takes great pleasure in having her perform for us. We thank **Sujaya Menon** for kindly recommending the artist.

Evening Meeting.

NANDI SHAH

SEEMA SAIT

Anna Laura Sciucca



An Italian's Sojourn in India

Music & Performing Arts

Arts & Handicrafts

MAR

5

FRI

3:45 PM

Link will be sent closer to the date



Making of a Passionate Art Collection

Our speaker for today, **Padma Shri Rajshree Pathy**, is a sugar baron with corporate interests in travel, health and hospitality, bio technology and power generation. World Economic Forum designated her one of the Global Leaders of Tomorrow. She is also the founder of India Design Forum, a premier platform for design in South Asia.

Passionate about her art collection, she has been a collector of arts and handicrafts for the last 35 years. She will spend this afternoon taking us into her world. Rajshree will share with us her **special tips and insider knowledge** on how to build a top class art collection. To accompany her on this journey, is Chennai's well-known art gallerist **Sharan AppaRao**.

We thank **Vidya Singh** for being our Day Facilitator.

Evening Meeting.

DEEPIKA GOYAL

ANITTA ABILDGAARD CLAUSEN

Rajshree Pathy



**Making of a Passionate
Art Collection**

Arts & Handicrafts

Current Events

MAR

9

TUE

3:45 PM

Link will be sent closer to the date



Galwan Valley and Beyond

India and China have had a complex relationship from historic times. The events in Galwan Valley, last June, were a turning point. **We explore the impact and complexities of the events up to current times and what it holds in future.**

Lt Gen P R Shankar PVSM, AVSM, VSM (Rtd) is a retired Director General of Artillery. He has held many important command, staff and instructional appointments in the Indian Army and has **vast experience in different kinds of terrain and operational situations.** He gave great impetus to the modernization of Artillery through indigenization and played an important role in successful defence planning and acquisition. The General Officer is now a Professor in the Aerospace Department of IIT, Madras and is actively involved in applied research.

We thank **Raksha Mehta** for being our Day Facilitator.

Evening meeting.

NIRUPA SUNDARAVADANAN

MASAKO MARUYAMA

Lt Gen P R Shankar



Galwan Valley and Beyond

Current Events

Health & Ecology

MAR

11

THU

3:45 PM

Link will be sent closer to the date



Your New Pillbox is Your Lifestyle

You know life has come a full circle when **Lifestyle becomes your best Medicine.**

Dr Rajni Shah is a UK qualified General Practitioner and Lifestyle Medicine Physician. She has been practising for 18 years and works in a busy central London GP practice which serves 30,000 patients. She furthered her training last year in Lifestyle Medicine.

She will talk more about the **relevance of lifestyle in disease and wellness** and why it's so important for us to know this if we want to remain healthy and strong.

In these times of serious health threats, let's **revisit the health basics and get them right.**

We thank **Anu Uberoi** for being our Day Facilitator.

Evening Meeting.

FHARZANA SIRAJ

RENUKA SABANAYAGAM

Dr. Rajni Shah



**Your New Pillbox is
Your Lifestyle**

Health & Ecology

Endowment Lecture

MAR

15

MON

10:45 AM

Link will be sent closer to the date

Madhavaiah's Daughter:

The lives of Tamil Women in the early 20th century

Prof. A.R.Venkatachalapathy, Historian, Author, Translator and bilingual English / Tamil Writer will discuss the **lives of Tamil women in the early 20th century** centred around the life of Lakshmi, Madhaviah's daughter.

Winner of the prestigious **V.K.R.V. Rao Prize** in Social Science Research and the Villaku Virudhu (Lifetime contribution to Tamil Literature, 2018). Prof. A.R.Venkatachalapathy held teaching and research assignments in Harvard, Paris, Cambridge, Singapore and London. His main area of research is the social and cultural history of colonial Tamil Nadu.

The meeting starts at 11.00 a.m.

We request everyone to be logged in by 10.45 am

We thank **Kausalya Santhanam** for organising this meeting and **Somna Sachdev** for being the Day Facilitator.

Morning Meeting.

HEMU RAMAIAH

Prof. A. R. Venkatachalapathy



**Madhavaiah's Daughter:
The lives of Tamil Women
in the early 20th century**

Endowment Lecture

Cooking Swapshop

MAR

16

TUE

3:45 PM

Link will be sent closer to the date



Dejunk your Kitchen with Healthy Snack Offerings

Mid-day...craving for something sweet or salty...and you grab anything in sight. STOP! **Sharmila Ribeiro**, author of **"Everyday Love – a Mother's Guide to Healthy Cooking for Kids"** which won the **Best Family Cookbook** at the **World Gourmand Awards**, 2018, has the answer. Her cookbook includes a range of tasty, easy-to-cook Indian and International recipes that have changed the way families eat!

Sharmila, with an **MS in Agricultural Economics** from Rutgers University, has an in-depth knowledge of practical nutrition and organic food and has conducted several workshops for teenagers, spreading the message for healthy and sustainable living through her writings and talks.

Sharmila will demonstrate **healthy snacks**, low on calories, but high on flavours, that can power you through the day! We thank **Princess Naik** for being our day facilitator.

Evening Meeting.

USHA SARAVANAN

SHEELA K SARATH

Sharmila Ribeiro



**Dejunk your Kitchen with
Healthy Snack Offerings**

Cooking Swapshop

MAR

18

THU

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

GRAND FINALE

"Three" Cheers to Us!

This year has tested the spirit of mankind but IWA has passed with flying colours. After battling red tape for many months, the **IWA year exploded onscreen**. We bonded online and expanded our digital knowledge like young millennials. We **deserve a celebration to commemorate the new normal**, adopted with happiness and cheerfulness.

IWA Grand Finale will honour the Great IWA Spirit of Continuous Learning for 3 glorious days

Enjoy the Ukulele symphonies of **Shanay Shah** on Day 1.
Sway to Carnatic Fusion music by **Sivaramakrishna Rao** on Day 2.

Witness 6 different plays by **Nilakandan** and his team on Day 3.

Be a part of this First Time Ever 3-Day Grand Finale and celebrate Art, Music, Theatre, and our own indomitable IWA Spirit.

Wear BLUE
for Day 1

Wear GOLD
for Day 2

Wear PINK
for Day 3

JEYASREE RAVI

MANISHA SINGHEE

THE BOARD

GRAND FINALE 1

MAR

24

WED

3:45 PM

Link will be sent closer to the date



Ukulele, All the Way!



Shanay Shah's story is like what you see in the movies. His journey began the day he got fired from his job. He took a flip-of-a-coin **Chance at Destiny, picked up his Ukulele**, and walked into the sunset to embrace his new life as a singer. There was no turning back.

Storming the internet with his soulful strumming, Shanay hopped from performing in **local pubs to international destinations**. He was runner-up for Radio City's Super Singer Season 9, and has shared the stage with the Silver Screen Rockstar Farhan Akhtar at the Bandra Fest and performed for 5,000 music lovers.

Experience a private concert by a musical genius with an instrument that can only sing joy!

Dress up in Blue for Day 1 of Grand Finale!

Evening Meeting.



JEYASREE RAVI

MANISHA SINGHEE

THE BOARD

GRAND FINALE 2

MAR

26

FRI

10:45 AM

Link will be sent closer to the date



Music that can make the Gods descend..

Born in a family of musicians, **Basavaraj Sivaramakrishna Rao** grew up with symphonies dancing around him. He had a grand talent sleeping in his genes, and chose **Sitar as his eternal love** at the age of only 7.



His red silk kurta and singing Sitar are adored in classical concerts across the seven seas including USA, France, Germany, South Africa, Mauritius, Singapore and Melbourne. He was awarded the Child Prodigy of the Year in 1990 and won the former PM Mr P.V. Narasimha Rao's standing ovation at Bharat Cultural Integration Committee's (B.C.I.C) music festival.

His **musical adventures took a new turn in the digital age, moving into Carnatic Fusion** - Electric Violin, Drums & Tabla. Close your eyes and surrender your senses to the music of Devtas. We thank **Sujaya Menon** for helping us put together the event.



Doll up in Gold for Day 2 of Grand Finale!

Morning Meeting.

JEYASREE RAVI



MANISHA SINGHEE

THE BOARD



GRAND FINALE 3

MAR

29

MON

3:45 PM

Link will be sent closer to the date

So Much Drama!

We've all heard **Mr Nilakandan's** deep voice, because of his 25 years as a **Voiceover Artist**. He designed the curriculum for "Voice, Acting & Creative Writing" for Manipal Institute Of Media & Entertainment.

He **has performed in 50 plays and directed 25 plays for kids**. His brainchild, **Dramact**, fuses drama and life skills for children, delivering the mantras of theatre while embedding life values. He is currently working towards officially including Drama as a subject in school curricula.

Enjoy not one but **six short plays Specially Curated For IWA**, performed by Nilakandan and his team.
Pretty up in Pink for Day 3 of Grand Finale!

We thank **Usha Moorthy** for helping us with this the event.

Evening Meeting.

JEYASREE RAVI

MANISHA SINGHEE

THE BOARD

From the Election Committee

We invite you to nominate eligible members for positions of office in the IWA Managing Committee 2021-2022 .

Guidelines:

- 1. Nominees for President, Indian, should have served on the Managing Committee for at least 2 years.** They should have been members of IWA for at least 7 years. This may be relaxed in the case of non-Indians.
- 2. Nominees for the other 3 office bearers of the Managing Committee (i.e. Vice President, Secretary or Treasurer) should have served as Activity Chairpersons for at least 2 years.** This may be relaxed in the case of Non-Indians who have been members of IWA for 3 years or less.
- 3. As per Section M (vi) of the IWA Bye-laws, "The Election Committee shall scrutinize the nominations received..... If there are insufficient names for any office, to make up such shortfall, the Election Committee shall call for nominations from the floor of the house at the Annual General Meeting, and conduct the election by secret ballot....."**
- 4. The members of the Election Committee will therefore NOT be making calls to members who have not been nominated for any post. A candidate is permitted to nominate herself.**

5. If no nominations are received for a post/posts, the nomination and election for the post/posts will be conducted at the AGM, as mentioned above. The nominee/s MUST be present at the AGM at the time of the elections.
6. The Election Committee shall present to the members the names of Indian and Non-Indian nominees **who are eligible and willing** to stand for election on the Managing Committee. They shall inform the members of the date, time and venue of the election.

The Nomination Form will be emailed to you as a Word Document and PDF, and also will be sent in IDN (IWA Digital Network Whatsapp). You may enter nominations for some or all of the positions mentioned.

Please fill the form in word document OR take a printout, fill in and take a picture .

Email it to iwaelection@gmail.com OR [Whatsapp](#) OR [SMS](#) to Malini Krishna - +91 98408 21460

Please ensure that your Nomination Form is sent before 3pm on Friday, 12th March, 2021.

Chairperson	:	Asha Rammohan
Members	:	Urmilla Agarwal
(In alphabetical order)		Malini Krishna
		Asha Murthi
		Amulya Rao

Ex-Officio	:	Jeyasree Ravi
		Manisha Singhee

From the Election Committee

The Election Committee has contacted all members who are eligible to be nominated for Managing Committee of 2021-2022

The following Candidate is eligible and willing to be nominated as President 2021-2022.

INDIANS



EC	Book Discussion	2011-2012
EC	Current Events	2016-2017
MC	Treasurer	2018-2019
MC	Secretary	2019-2020
MC	Vice-President	2020-2021

Tehnaz Bahadurji

The following Candidates are eligible and willing to be nominated for Managing Committee (Vice President, Secretary, Treasurer) 2021-2022.

(In alphabetical order)



EC	Arts & Handicrafts	2009-2010
EC	Health & Ecology	2010-2011
EC	Arts & Handicrafts	2011-2012
EC	Music & Performing Arts	2014-2015
EC	Music & Performing Arts	2018-2019

Deepali Goyal



Sadiya Khaleel

EC	Philosophy & Religion	2007-2008
EC	Music & Performing Arts	2017-2018
EC	Philosophy & Religion	2020-2021



Sheetal Parakh

EC	Cooking Swapshop	2017-2018
EC	Philosophy & Religion	2019-2020
MC	Secretary	2020-2021



Ritu Sahi

EC	Philosophy & Religion	2017-2018
EC	Current Events	2018-2019
MC	Treasurer	2020-2021

NON-INDIANS

The following Candidates are eligible and willing to be nominated for Managing Committee (President, Vice President, Secretary, Treasurer) 2021-2022.

(In alphabetical order)



Sanyukta Gill

EC	Arts & Handicrafts	2015-2016
EC	Current Events	2017-2018
MC	Secretary	2018-2019
MC	Treasurer	2019-2020



Shobha Jesudasen

EC	Current Events	2016-2017
EC	Health & Ecology	2017-2018
MC	Secretary	2019-2020
MC	Vice-President	2020-2021



Mangai Kamal

EC	Philosophy & Religion	2018-2019
EC	Arts & handicrafts	2019-2020
MC	Secretary	2020-2021



Swati Reddy

EC	Music & Performing Arts	2018-2019
EC	Health & Ecology	2019-2020
MC	Treasurer	2020-2021

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

Meyyammai 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 -