



OCTOBER - 2021

Discover the worlds within you

# EXECUTIVE COMMITTEE

## 2021 - 2022

### Managing Committee

Presidents	Tehnaz Bahadurji Shobha Jesudasen
Vice Presidents	Sheetal Parakh Mangai Kamal
Secretaries	Ritu Sahi Sanyukta Gill
Treasurers	Deepali Goyal Swati Reddy

### Activity Chairpersons

Arts & Handicrafts	Parvathi Nayar
Book Discussion	Shanthi Thomas Kiran Rao
Cooking Swapshop	Deepika Goyal Mahvash Sait
Current Events	Kalpana Sonthalia Catherine Reddy
Health & Ecology	Jasmine Kabrajee Sukhee Lee
History, Culture & Tours	Anuradha Sachdev Raylsi R Ballhatchet
Music & Performing Arts	Sadiya Khaleel Renuka Sabanayagam
Philosophy & Religion	Jyothi Ganesh Debbie Thiagarajan

## OCTOBER AT A GLANCE

IWA  
BOARD EVENT

1<sup>st</sup>

Fri 11:00 a.m. **Managing Committee**  
Fri 12:00 noon **Executive Committee**

1<sup>st</sup>

Fri 3:45 p.m. **IWA Board Event**  
*International Music Day*

5<sup>th</sup>

Tue 3:45 p.m. **Arts & Handicrafts**  
*A Life in Architecture*

7<sup>th</sup>

Thu 3:45 p.m. **Cooking Swapshop**  
*Bio-hacking our Way to Good Health*

11<sup>th</sup>

Mon 3:45 p.m. **Music & Performing Arts**  
*Hold on to Your Passion*

13<sup>th</sup>

Wed 10:45 a.m. **History, Culture & Tours**  
*Hyderabad - where North meets South*

18<sup>th</sup>

Mon 3:45 p.m. **Health & Ecology**  
*EFT - Emotional Freedom Technique*

22<sup>nd</sup>

Thu 10:45 a.m. **Current Events**  
*Demystifying Cryptic Cryptocurrencies*

IWA  
BOARD EVENT

25<sup>th</sup>

Mon 10:45 a.m. **IWA Board Event**  
*Blockbuster Diwali*

27<sup>th</sup>

Wed 3:45 p.m. **Philosophy & Religion**  
*The Inward Music: My Journey through Dance*

29<sup>th</sup>

Fri 3:45 p.m. **Book Discussion**  
*Poetry and a Story*

## From the Presidents



Dear IWA Friends

October is a busy month for IWA, with our full complement of **Activity meetings, plus 2 Board events - Music Day and Diwali**. This year, Music Day is more in the realm of Western Classical, and Diwali in the theme of Indian Pop, reflecting the wide interest bandwidth of IWA members. Both are **blockbuster events that you won't want to miss**.

We are also in the process of **getting new membership applications** and the Membership Committee has been working out the processes to manage those safely online. We have some promising candidates, whose **names we are happy to share in the Membership Secretary's blurb**.

We hope you have been enjoying the **monthly Discovery and Celebration of members' talents**. This month, **IWA's trekkers, please step forward boldly**.

The Activity Chairpersons have set up **fascinating meetings and performances** this month, including not just celebrity speakers and esoteric subjects, but even **our own members and IWA NextGen**, so we hope to **see you often online**, tasting at this smorgasbord of delights.

Till then, stay strong and stay smiling,

**Tehnaz Bahadurji**

**Shobha Jesudasan**



## From the Membership Secretary

“

The Membership Committee received applications for new members from the 1st till the 15th of September. There were **four legitimate applicants**, and photos and names of the ladies are printed here for the consideration of IWA members.

As per IWA bye law 10 G “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 Sender and the Membership Committee.** They may be sent by email or physical mail, to the undersigned latest by, **Monday, October 4, 2021.**

**Ritu Sahi**

New #49 (old #23) Halls Road

Egmore, Chennai 600008

Ph: 9382881478

Email: ritusahi@hotmail.com

The Membership Committee will **reconvene to meet all accepted applicants on Wednesday, October 6, 2021.**

**Ritu Sahi**

“

## Applicants for IWA membership



**Anjali Dadha**



**Priya Gopalen**



**Suchitra Devi Girish**



**Roshan Poncha**



Heartfelt condolences to **Seema Bhargava**  
on the sad demise of her mother.

Heartfelt condolences to **Rekha Rangaraj**  
on the sad demise of her father.

Heartfelt condolences to **Pushpa Chari**  
on the sad demise of her sister.

# ATTENTION IWA's Trekks

Requesting you to please send in your  
Name

by WhatsApp to  
Mangai Kamal at 98400 41066

between 10a.m. and 7p.m. only,  
(by 10th October, 2021 latest)

Many thanks!  
Tehnaz & Shobha

## IWA BOARD EVENT



3:45PM | 1<sup>ST</sup>, Friday

### International Music Day

On October 1, IWA celebrates International Music Day and Founder President Nirmal Seshadri's birthday. In the early years, there were performances by renowned musicians. But from 2003, when Nirmal's family endowed an award in her memory for a promising young musician, these young awardees have become our concert performers for the occasion.

Our thanks and appreciation go out to the Music Committee headed by Nabila Avais, along with Sujaya Menon, Sulochana Alexander and Urmilla Agarwal, have had to devise new methods for managing the process online, and have selected a 10-year old pianist of startling talent and ability, Anirudh Baiju.

Anirudh has overcome huge personal challenges, and Music became his doorway to enter the real world. It has liberated him in many ways, and hearing him perform will be an enriching experience for us all.

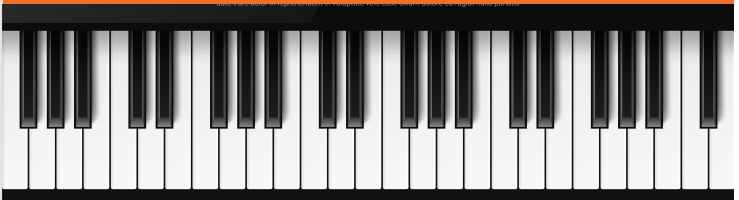
**TEHNAZ BAHADURJI   SHOBHA JESUDASEN**  
**IWA BOARD**

# IWA BOARD EVENT



International Music Day

“ Music - a Doorway to Life



## Arts & Handicrafts



3:45PM | 5TH, Tuesday

### A Life in Architecture

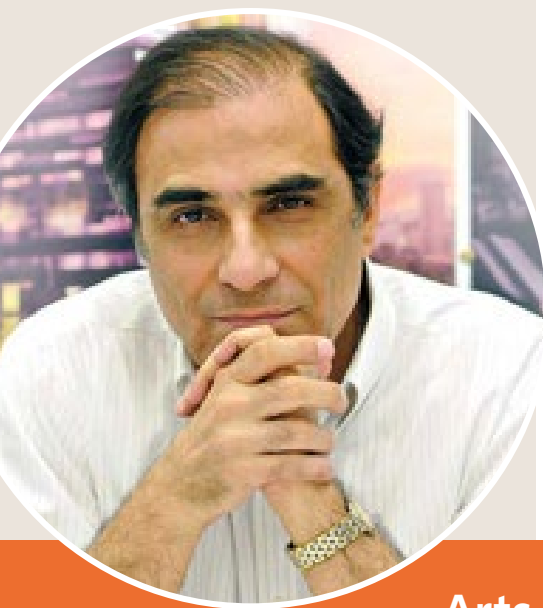
The impact of architect Hafeez Contractor's work can be seen in the skylines of metropolitan India. He set up practice in 1982, and today heads the largest architectural firm in India. He is the winner of **over 75 National and International Awards for Excellence in architecture**. He has also twice been included in **India Today's Most Powerful Indians List** in the last decade. He is passionate about social housing and **his dream is to provide a house for every Indian**.

Mr Contractor will talk about his career choices, his first job, his projects and general philosophy of architecture and the use of space.

*"Architecture should be honest and must respond to the spirit of the time..."* - Hafeez Contractor

We thank **Geeta Rajagopalan** for being our Day Facilitator.

**PARVATHI NAYAR**



## Arts & Handicrafts

Hafeez Contractor  
A LIFE IN ARCHITECTURE

“*Functionality,  
Form & Aesthetics*”



**Mahindra World School**  
Tamil Nadu

## Cooking Swapshop



3:45PM | 7TH, Thursday

### Bio-hacking our Way to Good Health

Bio-hacking means using biology and technology to get a quick fix on your health and wellbeing.

**Karin Reiter is a Functional Medicine Nutritionist, fitness trainer, author, and founder of Nutritious N Delicious.** She used nutrition to heal her own auto-immune issues, and now provides support and guidance on building a healthier lifestyle. She shares with us her **Top Tips to hack your nutrition and nourish yourself.**

She uses fruits, nuts, seeds, vegetables, herbs and other readily available ingredients **to promote a zest for life, energy, and a sense of optimism - underappreciated benefits of great health.**

Karin is passionate about food, health and life, and believes nutrition should be delicious. Come along to **learn how to supercharge your health and diet.**

We thank **Nita Reddy** for being our Day Facilitator.

**DEEPIKA GOYAL**

**MAHVASH SAIT**





## Cooking Swapshop

Karin Reiter

BIO HACKING OUR WAY TO GOOD HEALTH

“*Food is the Newest, and the Oldest,  
Health Mantra*”

## Music & Performing Arts



3:45PM | 11TH, Monday

### Hold on to Your Passion

IWA NextGen Tani Gill is Sanyukta Gill's daughter. Though she left India in her tweens, she **held on to her passion to be a dancer** and did her Arangetram even in faraway Cambridge. She completed a dance course at Sadlers Wells, became a member of British Ballet Organisation, and is now working towards **gaining an international teaching qualification**. Tani is a Disciple of Hari Krishnan from Spanda Dance Company and teaches Bharatnatyam at independent schools in London and Cambridge.

This **talented and multifaceted Classical dancer** will share her journey, and her determination to hold on to her roots and her passions even in a foreign land. Her dramatic *abhinaya* and a fast-paced performance will enhance this fascinating story.

We thank **Nandi Shah** for being our Day Facilitator.

**SADIYA KHALEEL**

**RENUKA SABANAYAGAM**



## Music & Performing Arts

Tani Gill

HOLD ON TO YOUR PASSION

“ *First Indian Classical Dancer to Dance  
at Cambridge University* ”



# History, Culture & Tours



10:45AM | 13<sup>TH</sup>, Wednesday

## Hyderabad - where North meets South

Jayanti Rajagopalan (called Jonty by most) relocated from Jamshedpur to Hyderabad, and felt that she had found her true home. This change of residence piqued her **interest in this city's glorious history** and encouraged her to dig deeper. Her in-depth study and research is on the grandeur and splendour of the 16C Qutb Shahi dynasty, the founders of the city, who along with the later Nizams, ruled this region for over 2 centuries, shaping the **unique Ganga-Jamni culture**.

The effervescent Jonty takes us on an **enchanted journey through historic Hyderabad**, filling in the colours with exciting snippets and little known anecdotes from the past.

We thank **Farah Bangera** for being our Day Facilitator.

**ANURADHA  
SACHDEV**

**RAYLSI  
BALLHATCHET**



## History, Culture & Tours

Jayanti Rajagopalan

HYDERABAD - WHERE NORTH MEETS SOUTH

“ *At the Crossroads of Culture*





3:45PM | 18TH, Monday

## EFT – Emotional Freedom Technique

**Zinobia Mody and Meeta Rangaswami** are trained and certified **EFT (Emotional Freedom Technique)** practitioners who believe that EFT or tapping is one of the simplest, most effective and elegant **mind-body healing techniques**. EFT can be used to **overcome a wide range of emotional and physical issues**, helping in clearing negative emotions such as fear, anger, anxiety, guilt or sadness.

**EFT's real magic lies in how it can help us identify and change limiting beliefs and habitual patterns** that prevent us from leading more fulfilled lives. It enables us to identify triggers so that we respond, rather than react, to situations, enabling us to feel more calm, confident and contented, and to **lead our best possible life**.

We thank **Achu Kurian** for being our Day Facilitator.

**JASMINE KABRAJEE**

**SUKHEE LEE**



## Health & Ecology

Zinobia Mody & Meeta Rangaswami

EFT – EMOTIONAL FREEDOM TECHNIQUE

“*Heal & Empower Yourself*”

## Current Events

NEW  
NEW  
Current Events  
NEW  
NEW

10:45 AM | 22<sup>ND</sup>, Friday

### Demystifying Cryptic Cryptocurrencies

Most of us have heard buzzwords like **Bitcoin** and **blockchain** in the news, but **few understand how digital money is quickly transforming society**. While some are skeptical that these coins are just an asset bubble, others hail it as the **great equalizer of the economic world**.

**Ishan Mishra has been an avid digital currency investor** for the past 5 years. After graduating from IIT Madras, he has held various positions in management consulting, corporate strategy and finance for well-known Fortune 500 companies including Deloitte and Flex. In his role of analyzing technologies and startups, he came to realize the **power of digital currencies like Ethereum and Bitcoin**. Facilitating the discussion to help break down the mystique, will be **wealth adviser VJ Bharadhwajan**.

We thank **Ramani Reddy** for being our Day Facilitator.

**KALPANA SONTALIA**

**CATHERINE REDDY**





## Current Events

Ishan Mishra & VJ Bharadhwajan  
DEMYSTIFYING CRYPTIC CRYPTOCURRENCIES

“*Digital Money - the New Future*”

## IWA BOARD EVENT



**10:45AM | 25TH, Monday**

### **Blockbuster Diwali**

The most **special thing** about festivals like **Diwali**, is that they **bring people together**. Families, friends, colleagues, everybody. Only some do the Puja, but everyone eats the sweets, lights the lamps and sparklers, and feels festive. **There's an excitement in the whole country, and a general desire to rejoice.**

**IWA celebrates its first online Diwali this year.** No traditional IWA mela, or lucky Khazana stall, but we've put together some **upbeat entertainment**, with help from members and the blessings of the stars. We will have a **fun game in the breakout rooms**, of course, but there's no prep work for it this time, so everyone can just **put on their happiest clothes, their brightest smile and their cheerful-est mood**, and arrive joyfully at the event. See you there.

**TEHNAZ BAHADURJI   SHOBHA JESUDASEN**  
**IWA BOARD**



## IWA BOARD EVENT

Blockbuster Diwali

“

*Celebrate with the Stars*

## Philosophy & Religion



3:45PM | 27<sup>TH</sup>, Wednesday

### The Inward Music: My Journey Through Dance

Internationally acclaimed for her *ability to turn a traditional grammar into a subtle, deeply internalised, personal dance poetry,*

**Alarmel Valli** trained under legendary Gurus, Pandanallur Sri Chokkalingam Pillai and his son Pandanallur Sri Subbaraya Pillai. She is a **pioneer in the interpretation of Sangam Poetry in dance**, aided by her study of music under Smt T Muktha. Valli will share how, **when she dances, she is also a poet, painter and singer** and how *dance can be a joyous prayer with one's entire being.*

Her **numerous awards** include the Padma Shri and Padma Bhushan, and The Chevalier of Arts and Letters. She has **performed at many prestigious international venues** including the Bolshoi Theatre, the Avignon, Edinburgh, and Salzburg Festivals and the Kennedy Centre. **Films on her** include the BBC's 'Pravahi', and the National Award-winning 'Lasya Kavya' by Sankalp Meshram.

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

**JYOTHI GANESH**

**DEBBIE THIAGARAJAN**



## Philosophy & Religion

Alarmel Valli

THE INWARD MUSIC: MY JOURNEY THROUGH  
DANCE

“We rarely hear the inward music, but we  
are all Dancing to it Nevertheless” - Rumi

## Book Discussion



3:45PM | 29<sup>TH</sup>, Friday

### Poetry and a Story

IWA member **Jaya Mahbubani** spent the enforced solitude of lockdown turning inward, finding what kept her rooted, but also what gave her wings, and **discovering the wonder and miracle of life within herself**. The result is a book, **Poetry in Pictures**, with each poem matched by an evocative photograph, and a short story, **Of Love and Companionship**, reflecting the changing relationships these unusual times are creating.

Jaya is also intimately associated with the Heritage organisation, the **Madras Literary Society**, and their 100-year plus collection of books and manuscripts.

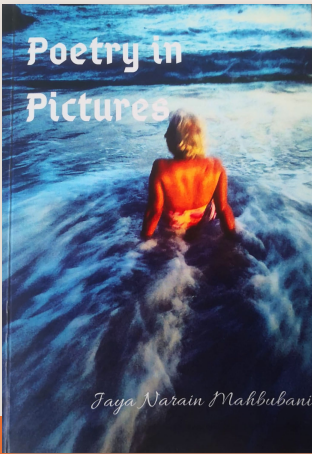
She will be in conversation with **Vinita Bimbhet**, an extremely active FICCI-FLO Past National President, and herself an **Art aficionado**, advising in the creation of modern art collections.

We thank **Rinku Mecheri** for being our Day Facilitator.

**SHANTHI THOMAS**

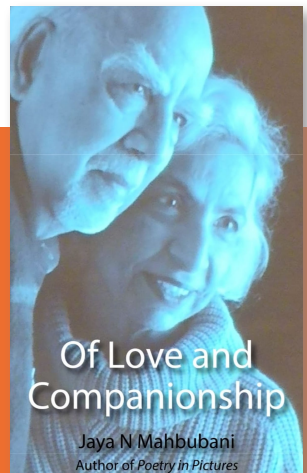
**KIRAN RAO**

## Book Discussion



**Jaya Mahbubani &  
Vinita Bimbhet**  
POETRY AND A STORY

“*Best of Both Worlds*”





# IWA Helpline

## **NOT RECEIVING NEWSLETTER**

By email - Ritu Sahi • On IDN - Mangai Kamal

## **CHANGE OF MEMB. STATUS, OR LEAVE OF ABSENCE REQUESTS**

Ritu Sahi

## **ATTENDANCE RECORD OR BYE-LAWS COPY**

Swati Reddy

## **CHANGE IN DIRECTORY DETAILS**

(address | email | phone | mobile)

Ritu Sahi

## **NEWSLETTER ANNOUNCEMENTS**

Sheetal Parakh

## **MEETING SUGGESTIONS**

Tehnaz Bahadurji • Shobha Jesudasan • Activity Chairperson

## **HOSTING A MEETING**

Tehnaz Bahadurji • Shobha Jesudasan • Sheetal Parakh

## **TECH SUPPORT**

Sheetal Parakh • Mangai Kamal • Ritu Sahi

**Please call between 10 a.m. & 6 p.m. | Monday - Saturday**



# 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 Vijaykumar
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 Bangera
2018 - 2019	Usha Jawahar	Mahvash Sait
2019 - 2020	Nidhi Kapoor Thadani	Anjali Sacheti
2020 - 2021	Jeyasree Ravi	Manisha Singhee

IWA REGISTERED OFFICE

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[www.iwachennai.com](http://www.iwachennai.com)

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