



July 2022

A Whole New World



EXECUTIVE COMMITTEE 2022-2023

MANAGING COMMITTEE

PRESIDENTS	JEYASREE RAVI	MANGAI KAMAL
VICE -PRESIDENTS	RITU SAHI	SANYUKTA GILL
SECRETARIES	SADIYA KHALEEL	RAYLSI BALLHATCHET
TREASURERS	DEEPALI GOYAL	SWATI REDDY

EXECUTIVE COMMITTEE

ARTS & HANDICRAFTS	TULSI REDDY	MASAKO MARUYAMA
BOOK DISCUSSION	NANDI SHAH	STEFANIE ANDRUCHOWITZ
COOKING SWAPSHOP	SHEFALII DADABHOY	AMULYA RAO
CURRENT EVENTS	SOMNA SACHDEV	
HEALTH & ECOLOGY	NUSRRET CASSAM	IRINA KUDINA
HISTORY, CULTURE & TOURS	VIDYA SINGH	SUKHEE LEE
MUSIC & PERFORMING ARTS	PADMAVATHY GUNASHEKAR	
PHILOSOPHY & RELIGION	DEEPIKA GOYAL	GOWRI VISVANATHAN

JULY 2022 AT A GLANCE

1st
FRI

10.00 am - Managing Committee
10.45 am - Executive Committee

5th
TUE

10.30- am - Jashn - E - Eid
@ The Folly, Amethyst

7th
THU

3.45 pm - Book Discussion
on Zoom

12th
TUE

10.15 am - Cooking Swapshop
on Zoom

14th
THU

10.15 am - Current Events
@ Hanu Reddy Residences

19th
TUE

10.15 am - Current Events
@ Hanu Reddy Residences

21st
THU

10.15 am - Book Discussion & History, Culture & Tours
@ Madras Club

26th
TUE

10.15 am - Music & Performing Arts
@ Boat Club

28th
THU

10.15 am - Arts & Handicrafts
on Zoom

29th
FRI

10.30 am - Founders Day Celebration
Lunch @ 12 noon @ Crowne Plaza

IWA Newsletter • Volume XXXVII No.2 • Chennai

FROM THE *PRESIDENTS*

Dearest Friends,

Tons of thanks for your overwhelming response on our fellowship morning. It was heartwarming to see such big groups, chatting, laughing and catching up on lost time. The floods of positivity did not go unnoticed. We look forward to hosting many more fun gatherings all throughout the year!

As for **our international adventure**, the hotel and airline booking to Thailand is yet to resume, hence there is a change in our itinerary. We will be doing only Laos, further details can be found on page No. 30. Hurry and book your slot!

We have in the pipeline **two more trips** planned for the year, to Maheshwar and Tanjore. Do inform Vidya Singh or Sukhee Lee if you are interested in joining us for these wonderful excursions. We will keep you updated on further details as things begin to take shape!

The **Music committee** is on the job and the **prestigious IWA music awardee** will come to light on October 1st at the International Music Day celebrations. While they are busy identifying the befitting awardee, our activity chairpersons have some great meetings put together for you!



FROM THE *PRESIDENTS*

Founders Day celebrations on **July 29th** where we will honour the founders and past presidents who have sculpted the culture of IWA.

Super excited, we really are looking forward to lots of fun and cheer!

Jeyasree
Ravi

Mangai
Kamal



INTERNATIONAL *MUSIC DAY*

The beauty of music is that it connects strangers, it carries profound messages and the musicians, they are our messengers.

Our founder member Nirmal Seshadri's birthday coincides with the international music day. Her family has set up an endowment fund which has enabled us, here at IWA to honour upcoming, passionate young musicians!

Every year a committee is formed to recognize and encourage talented young musicians to perform on this special day. The candidate should preferably be under 18 years of age and should have certifications, awards, and citations to his/her credit.

We are pleased to announce the music committee for the year 2022-23.

Chairperson

Kausalya Devi Apparao

Members

Asha Hemdev

Gita Chandrasekaran

Lakshmi Menon

Ramani Reddy

Members may send their recommendations, supported by appropriate write-ups of prospective candidates by email to Kausalya Devi Apparao or any of the above mentioned members by **July 31, 2022**.

We are waiting to pick our next big star!



FROM THE *MEMBERSHIP SECRETARY*

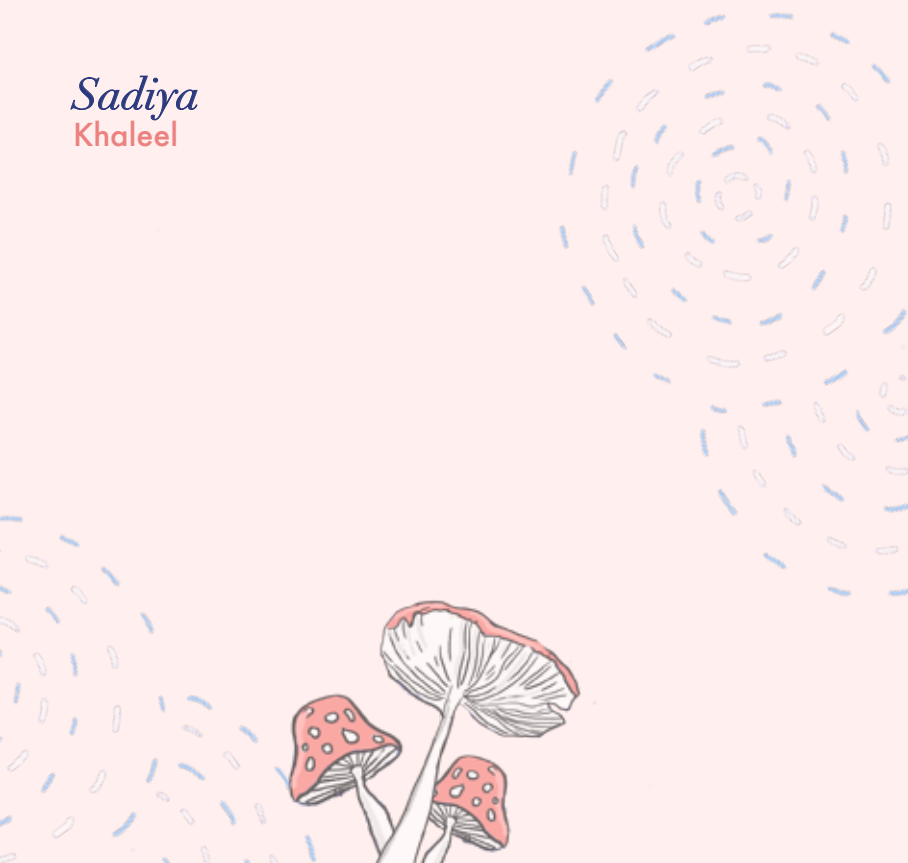
IWA is pleased to welcome one new member in the category of Temporary non- Indian Member .

Dr Bhawna Sirohi (British)
(S-07)

We hope that she enjoys the enriching experiences that IWA offers to all its members.

Our Best Wishes

Sadiya
Khaleel





HEARTIEST CONGRATULATIONS

*To **Lakshmi Viswanathan** on receiving the Natya Kalanidhi award for her outstanding contribution and excellence in the field of Bharatanatyam as a Performer, Choreographer and Author spreading the Art in India & abroad.*

*To **Nirmal Mirza** on the launch of a fiction book “A Race Called Life” written by her son in law.*

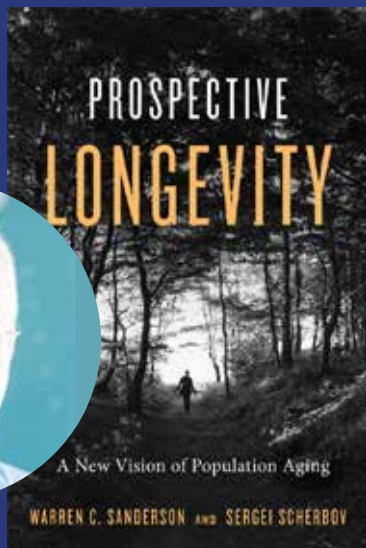
SHARING THE GOOD NEWS & JOY





BOOK DISCUSSION

A NEW LOOK ON AGING



SERGEI SCHERBOV





BOOK DISCUSSION

7TH JULY, THU | 3.45 PM
ON ZOOM

A NEW LOOK ON AGEING

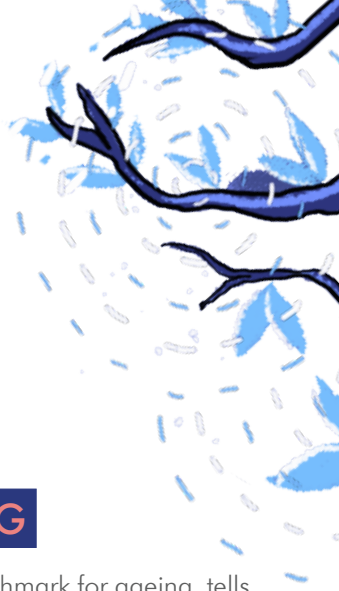
We all age. Our chronological age, the benchmark for ageing, tells us how long we've lived so far. But what does it mean to the rest of our lives? Aging is a complex process shaped by individual characteristics rather than following one pattern for the whole society.

Sergei Scherbov has dedicated the past 20 years of his career as a demographer studying new ways to measure individual and population ageing. Together with his colleague W. Sanderson he developed a combined forward-thinking measure of our remaining years with other health metrics; to help us make the right choices for our societal and economic health. This pathbreaking work has been adopted by the United Nations, and was recently compiled in a comprehensive book published by Harvard University Press.

In this book, he takes us on an exciting journey across the globe, offering us an opportunity to completely change the way we look at our own age and ageing societies as a whole.

Nandi
Shah

Stefanie
Andruchowitz





COOKING SWAPSHOP

THE SCIENCE OF INDIAN FOOD



KRISH ASHOK





COOKING SWAPSHOP

12TH JULY, TUE | 10.15 AM
ON ZOOM

THE SCIENCE OF INDIAN FOOD

Why you must listen to old women and ignore old men!

The talk will be a provocative look at common misconceptions about the science of Indian cooking.

Krish Ashok is the author of **Masala Lab: The Science of Indian cooking**, an Amazon best-seller that explores the science of Indian cooking with the aim of making the reader a better cook and turning the kitchen into a joyful, creative playground for culinary experimentation. In his day job, Ashok is the Global Head – Digital Workplace for Tata Consultancy Services.

He is also a regular columnist on food, science, and culture for publications such as Mint, The Hindu, Scroll and BuzzFeed.

We thank our Day facilitator **Asha Murthy**.

Shefali
Dadabhoj



Amulya
Rao



CURRENT EVENTS

LET'S CROSS THE BRIDGE



P. NARAYAN IYER



SUSHILA NATRAJ





CURRENT EVENTS

14TH JULY, THU | 10.15 AM

HANU REDDY RESIDENCES

39/18 BINNY ROAD, POES GARDEN, TEYNAMPET

LET'S CROSS THE BRIDGE

The **card game of Bridge** has been held at arm's length by most people – labelling it as a cerebral pastime not meant for all.

This morning, **Mr. P. Narayan Iyer** and our member **Sushila Natraj** will bring us a closer look at this game and share some lighter moments to dispel the aura of awe that it generates. Both of them play the game (almost!) every day. They both teach at various levels, and have inducted many newbies into the friendly halls of Bridge tournaments.

Do join them as they draw you into their world of Kings and Queens and smash your reluctance with Aces of anecdotes!

Somna
Sachdev



CURRENT EVENTS

NFT: FAD OR FUTURE ?



YASH RATHOD





CURRENT EVENTS

19TH JULY, THU | 10.15 AM

HANU REDDY RESIDENCES

39/18 BINNY ROAD, POES GARDEN, TEYNAMPET

NFT: FAD OR FUTURE ?

Bitcoins, Ethereum, Crypto, Blockchain, NFT - do all these words sound familiar, but mean nothing to you or perhaps, you have a vague idea about them?

Our youngest guest speaker so far-**Yash Rathod** will bust all myths and notions that we hold in our head about the above seemingly alien terms!

Save this date to interact with this 19 year old enterprising entrepreneur who is the founder of Diginoor.io - India's first entertainment NFT (Non-fungible token) marketplace.

Somna
Sachdev





*BOOK DISCUSSION
& HISTORY,
CULTURE & TOURS*

23 GRAMS OF SALT



ANUJ AMBALAL





BOOK DISCUSSION & HISTORY, CULTURE & TOURS

21ST JULY, THU | 10.15 AM

MADRAS CLUB

ADYAR CLUB GATE ROAD - CHENNAI 600028

23 GRAMS OF SALT

Retracing **Gandhiji's Dandi March**, **Anuj Ambalal's** wonderful book of photographs tells us about his experiences on this journey. We see through his eyes the outcome of the Dandi March and relive the events of that historic day.

Anuj Ambalal will be sharing his own photographs from the book along with **cinematographer Navroz Contrator**.

Tehnaz Bahadurji has kindly consented to read excerpts from the book.

We thank **Usha Moorthy** for being our day facilitator.

Nandi Shah
Stefanie Andruchowitz

Vidya Singh
Sukhee Lee





MUSIC & PERFORMING ARTS

MEMORY IN A MELODY



JANAKI SABESH





MUSIC & PERFORMING ARTS

26TH JULY, TUE | 10.15 AM

BOAT CLUB

ADYAR CLUB GATE ROAD - CHENNAI 600028

MEMORY IN A MELODY

Janaki Sabesh is an accomplished film actor who writes, performs, and lives through stories. Her sessions are highly interactive, authentic and a unique blend of narration, music, drama and movement, and she loves **bringing people together through intimate storytelling experiences**. She believes that a story from the heart will always win more hearts.

Whether we are aware of it or not, Melodies carry Memories, from our childhood, college or any moment in time. **Please warn in to Padmavathy with the name of a song that carries a personal memory for you**, which you would like to share with fellow IWA members. Last date for warn-in - 10.7.2022. **Bring alive the stories. Rewind the Raagas to relive the special memories.**

Thanks to **Lalitha Naidu** for being the Day Facilitator and to **Tehnaz Bahadurji** for coordinating the event.

Padmavathy
Gunashekar





ARTS & HANDICRAFTS

THE MISSING RAINBOW



GITA HUDSON





ARTS & HANDICRAFTS

28TH JULY, THU | 10.15 AM
ON ZOOM

THE MISSING RAINBOW

Gita Hudson – artist, filmmaker, curator – showcases Folk and Tribal women artists of India in her **short documentaries**, titled “The Missing Rainbow” and “Art Conclave”. Gita speaks about the talents, origins, aspirations, and lifestyles of these tribal women artists, whose art forms have been passed down over generations.

India’s heartbeat lies in its villages, its small communities and tribal cultures. Promoting these art forms and raising awareness are so integral to preserving this rich cultural heritage of our country, while also safeguarding the talents and livelihoods of these indigenous communities.

Gita Hudson’s work is the **culmination of a deep immersion and several conversations** with the **women of these tribal communities and their lives**. She gives us a glimpse into their world through selected clips of her documentary films.

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

Tulsi
Reddy



Masako
Maruyama

FOUNDER'S DAY



SUNITA SHAHANEY



NIRMAL SESHADRI



SAROJA RAMAMRUTHAM



NANCY DEAN



ANNELIESE HAZARI



REVA K SINGH



LAKSHMI PADMANABHAN

**BOSSES
OF '86**



FOUNDER'S DAY

29TH JULY, FRI | 10.15 AM

CROWNE PLAZA

132, TT KRISHNAMACHARI RD, AUSTIN NAGAR, ALWARPET

BOSSSES OF '86


To implement ideas is to allow future generations to pluck the fruits of your labour. It takes great ambition, power and tenacity to forge an institution that exudes such grandeur.

Our prestigious organisation, IWA had its humble beginning on **July 25th, 1986**. **Nirmal Seshadri, Nancy Dean, Lakshmi Padmanabhan, Saroja Ramamrutham, Sunita Shahaney, Anneliese Hazari** and **Reva Singh** are the wonder women who founded IWA.

The **friendship and camaraderie** that we enjoy today is a result of their hardwork. We owe it all to the founders and presidents who nurtured the culture of IWA over the last three decades.

On this special day we take the opportunity to express our gratitude and appreciation for the works of the founders and the past presidents. **Join us this morning for a dosage of fun and cheer!**





We heartily thank Vijay Goyal, Deepali Goyal and Chandra Seoni for supporting us year after year in making this a memorable day for all of us.

Here is to the passionate women that made today possible!

This is a members only meeting. The meeting will be followed by lunch @ 12 noon

Jeyasree
Ravi

Mangai
Kamal

The Board

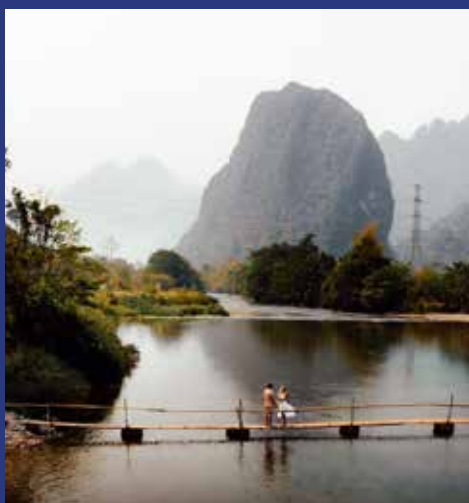
IWA thanks **Kiran Rao** for the floral arrangements for the Fellowship Morning.





HISTORY, CULTURE & TOURS

A JOURNEY INTO THE WILD...
LAOS





HISTORY, CULTURE & TOURS

16TH - 24TH SEPTEMBER ' 22

A JOURNEY INTO THE WILD... LAOS

A bewitching beauty of a land lost in a tropical aura. Mountains, seas and gentle rural folk have made **Laos** a silent sensation in the world map. A sleeping hamlet set among mighty terrains with a stream cascading down the peak, will make you go awe every time you stumble upon this sight.

The French influence still lingers in their cuisine, dialect and the prim roads apt for evening strolls at **Luang Prabang**. The wooden pagodas revel in sharp contrast as symbols of their proud culture and this concoction is nourishing to eyes, mind and soul. Time stands still in this sleepy town with its sovereignty to a way of life intimate with nature and its bounties. The rare wildlife, bamboo straw huts and kayaking village belles can woo any traveller to leave her city life behind.

The bumpy TukTuk rides and finger-licking good street food are merely scratches on the surface of a world still untainted by modern civilization. Experience the trend **#LivelikeLocal** from the moment sun rises over the hills and sets to leave behind the mystical city of Vientiane bustling in a supernatural aura. The hills, river and ravines glitter under the starlight with a soul-warming quiet.



EXPLORING THE SPECTACULAR ASIAN SPLENDOUR – LAOS

Here is something for the daredevils and the adventurers. The hidden caves, the limestone peaks at **Vang Vieng** that break into instagrammable vistas, also carry interesting history behind them. Get wild and free as you walk beneath majestic hills, unexplored lagoons and tree-houses. A village that will teleport you to the pre-historic era when wilderness was a way of life.

Join us as we explore **Laos**, the Capital of Asian Splendour, on an 8-day journey.

Date : September 16 - 24th

Cost :Rs. 1,49,500

There are only **25 seats available**, kindly reserve your place soon with a **booking amount of Rs.39,000**. Please note that this amount is non-refundable. Reservations will be made on a first come, first serve basis. **July 25th will be the last day to register**. To reserve your seat, please call or **Whatsapp Vidya Singh or Jeyasree Ravi**.

Vidya
Singh

Sukhee
Lee



*A GLIMPSE
OF THE
FELLOWSHIP
MORNING*











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	Vaniitha Mudaliar	Barbara Clarkson
1990 - 1991	Sunita Shahaney	Janet Picken
1991 - 1992	Nirmal Mirza	Stina Vasu
1992 - 1993	Malini Vijayaraghavan	Maureen Hudson Murari
1993 - 1994	Nandiitha Krishna	Aruna Vijaykumar
1994 - 1995	Lily Madhok	Margaret Sekharan
1995 - 1996	Zubeida Asgarali	Khin Thi Da 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
2021 - 2022	Tehnaz Bahadurji	Shobha Jesudasen

IWA REGISTERED OFFICE

Talking Technology Pvt. Ltd. 857, Poonamallee High Road, Kilpauk, Chennai - 10 www.iwachennai.com

