



June 2022

A Whole New World



# *EXECUTIVE COMMITTEE* 2022-2023

## MANAGING COMMITTEE

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

## EXECUTIVE COMMITTEE

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

# *JUNE* 2022 AT A GLANCE

*1<sup>st</sup>*  
WED

10.00 am - Managing Committee  
10.45 am - Executive Committee

*13<sup>th</sup>*  
MON

10.15 am - Fellowship Morning  
@ *Madras Club*

*16<sup>th</sup>*  
THU

3.45 pm - Philosophy & Religion  
on *Zoom*

*21<sup>st</sup>*  
TUE

10.15 am - Health & Ecology  
@ *The Folly, Amethyst*

*23<sup>rd</sup>*  
THU

10.00 am - History, Culture & Tours  
@ *the Madras Museum*

*28<sup>th</sup>*  
TUE

10.15 am - Music & Performing Arts  
@ *Vani Mahal*

*30<sup>th</sup>*  
THU

10.15 am - Cooking Swapshop  
@ *Spirit of the Earth*

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# FROM THE *PRESIDENTS*

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*Hearty greetings dearest members,*

How exciting to know that we will all be finally meeting in person. Paving a way to days of physical meetings, warm hugs, hearty laughter and cheer, all amidst the aroma of hot coffee and cookies, hopefully.

**This year's theme encapsulates every wild dream and ambition our whimsical heart can think of.** A new world filled with opportunities, ideas and unbeatable enthusiasm. Peeping through a keyhole into a doorway of whole new possibilities and perspectives.

Ah! which leads us to...the trademark IWA trips; because travel makes you realize no matter how much you know, there is always more to learn!

Our **International trip** is tentatively planned for the second week of September.

As for the **South and North India tours**, they are set aside for the months of January and February respectively. We are also excited for our short travels in and around the city! Be sure to be a part of our trip to the bronze museum on the 23rd of June!



# FROM THE *PRESIDENTS*

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Block your calendars for our **fellowship meeting** on **June 13th** at the Madras Club, cannot wait to have you all join our little gathering!

However, some of the changes we will continue to embrace. We will have two zoom meetings a month and our **digital newsletters** shall continue on IDN and e-mail. Digital renewal forms and NEFT payment of membership subscription shall remain accessible to all.

Suggestions and feedback are always welcome, be it destinations for our mini trips or speaker recommendations, we are on all ears!

Our **Activity Chairpersons** are all geared up to give you a year full of fun, knowledge and food for thought. Looking forward to a year driven with positive energy in the spirit of IWA.

*See you all on the 13th of June!*

*Jeyasree*  
Ravi

*Mangai*  
Kamal



# FROM THE *VICE PRESIDENTS*

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*Welcome back everyone!!*

*“We live in the world when we love it.”*

After a relaxed break hope everyone is recharged and is ready to begin the new IWA year!

**The digital IWA Newsletter, in its brand new avatar,** full of information of our IWA world will be with you every month.

The year is going to be filled with fantastic fellowship events, fabulous meetings- the Executive Committee & Managing Committee team is already hard at work!

The last year was a world of online meetings and the grace with which it was embraced by IWA was truly fantastic! **Meetings this year will be a mix of physical and online.**

Do let us know if you would be willing to host a meeting either by opening your home to us or by hosting at a venue. We really appreciate the kindness of members.

The Newsletter is one way to be connected with each other. **If you have any news or announcements of significant importance please do drop an email at [iwablurbs@gmail.com](mailto:iwablurbs@gmail.com).** Keep us posted on events in your life so that we can publish it in our Newsletter.

As we embark upon this exciting journey together, we are looking forward to your love and support!

*Ritu*  
Sahi



*Sanyukta*  
Gill

# FROM THE *SECRETARIES*

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*Hi Dear ladies,*

With great pleasure we welcome you all to the whole new world of IWA.

It's new because we are going to have many physical and some virtual meetings.

We can all meet for hugs, laughs, tea and coffee. Those of us who are away or not yet inclined toward meeting physically , **we can log on to Zoom meetings twice a month.** We win both ways. Amazing isn't it?

We cannot wait to see the exciting talks and experiences coming our way this year. We are also looking forward to support you and your IWA experience as much as we can, so please make sure you get in touch if you need any assistance, or if you just want to have a chat!

As in the past years we will continue to send the Newsletter through the WhatsApp IWA Digital Newsletter (IDN) group and through Email.

A reminder..... **the last day for submitting the membership renewal forms is June 30th,** Please send in your forms if you haven't so far.

**Kindly keep us updated for any change in your contact details.** You may inform us if you would like to change your membership status or if wish to go on a break. We are just a call away.

Gear up ladies, as we enter the magical world of IWA

*Sadiya*  
Khaleel



*Raylsi*  
R Ballhatchet

# FROM THE *TREASURERS*

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*Dear IWA friends,  
Welcome to the new IWA year!*

The past year has been a celebration of the triumph of the strength and tenacity of IWA. We have emerged more connected as we excitedly look forward to in-person meetings once more.

We thank the members for adapting seamlessly to our digital process for fee renewal. **The renewal form for 2022-23 was emailed and posted on IDN on 8th April 2022.** Please fill it out and email to **Deepali Goyal** or send a photograph of filled form with transaction details via WhatsApp to Deepali. All details are provided on the renewal form.

**We request the membership fees be paid by bank transfer. Cheques to be used only if bank transfers are not possible.** Please connect with us for any assistance in the renewal process.

Guests are welcome for virtual meetings but do inform us while signing in. There are no guest charges for virtual meetings. Each guest may attend a maximum of four meetings in a year.

Please contact **Swati Reddy regarding directory changes, attendance, name badges or bye-law books.**

We look forward to interacting with you all!

*Deepali*  
Goyal



*Swati*  
Reddy



# *IWA HELPLINE*

## **DIGITAL NEWSLETTER**

*Sanyukta Gill*

## **CHANGE IN MEMBERSHIP CATEGORY**

*Sadiya Khaleel*

## **ATTENDANCE, NAME BADGE, COPY OF BYE-LAWS BOOK**

*Swati Reddy*

## **CHANGE IN DIRECTORY DETAILS**

ADDRESS | EMAIL | PHONE | MOBILE

*Swati Reddy*

## **NEWSLETTER ANNOUNCEMENTS**

*Ritu Sahi*

## **SPONSORS MEETINGS, HOME MEETINGS, SUGGESTIONS WITH REGARD TO MEETINGS & SPEAKERS**

*ACPs or Presidents*

## **ASSISTANCE WITH JOINING A VIRTUAL MEETING**

*ACPs, day facilitators or Managing Committee*

**PLEASE CALL BETWEEN 10AM - 6PM | MON - SAT**



*IN FOND  
REMEMBRANCE*



**SHANTI KARUNAKARAN**

**MEMBER SINCE 1995**

*"Gone from our sight, but never from our hearts"*

*We express our deepest condolences  
to the family of  
Shanti Karunakaran*

**MAY HER SOUL FIND  
PEACE & COMFORT**



# *HEARTFELT CONDOLENCES*

*To Chandra Sankar on the sad demise of her husband.*

*To Shobha Jesudasen on the sad demise of her mother.*

**WE OFFER ONLY OUR DEEPEST  
CONDOLENCES, PRAYERS, & FRIENDSHIP.**

# *MEMBERSHIP SUB-COMMITTEE*

**2022 - 2023**

*We thank **Jansi Kishore** for her valuable contribution to the Membership Committee.*

*We welcome **Padma Ashok** as the New General Body member.*

*The Committee is as follows :*

## **PRESIDENTS**

**Jeyasree Ravi & Mangai Kamal**

## **IMMEDIATE PAST PRESIDENTS**

**Tehnaz Bahadurji & Shobha Jesudasen**

## **VICE- PRESIDENTS**

**Ritu Sahi & Sanyukta Gill**

## **SECRETARIES**

**Sadiya Khaleel & Raylsi Ballhatchet**

## **IMMEDIATE PAST MEMBERSHIP SECRETARY**

**Ritu Sahi**

## **GENERAL MEMBERSHIP**

**Nina Kothari & Padma Ashok**



# *HEARTIEST CONGRATULATIONS*

*To **Princess Naik** on the wedding of her daughter.*

*To **Vidya Singh** on winning 3 Gold medals at the  
Pan India Masters Swim Meet in Bangalore*

**SHARING THE GOOD NEWS & JOY**





*FELLOWSHIP  
MORNING*

PUT YOUR PARTY  
HAT ON !



# FELLOWSHIP MORNING

13<sup>TH</sup> JUNE, MON | 10.15 AM

MADRAS CLUB,

8, ADYAR GATE CLUB ROAD, R.A . PURAM, CHENNAI 600 018

**PUT YOUR PARTY HAT ON !**

*I*n the cookie of life, friends are the chocolate chips. What better way to celebrate the sweetness of life and the joy of living than with festivities like these! The long wait has finally come to an end. Come join us to celebrate friendship and camaraderie.

It's IWA Fellowship day, **an in person meeting after months of wait!** Let the ocean inspire your blues and the grand waves determine your happiness this season.

Devour the present, challenge yourself. Stay young at heart with fun games, small talk, laughter and snacks. Rekindle the child in you and ravish the morning among your IWA friends.

**Reminder to come dressed in your best of blues!**

Also, please call and confirm your attendance with **Sanyukta** or **Swati**, so that we can make the necessary arrangements to welcome you on this special day.

**This meeting is only for members.**

*Jeyasree*  
Ravi

*Mangai*  
Kamal

*The Managing & Executive Committees*



# *PHILOSOPHY & RELIGION*

## SHAMANISM

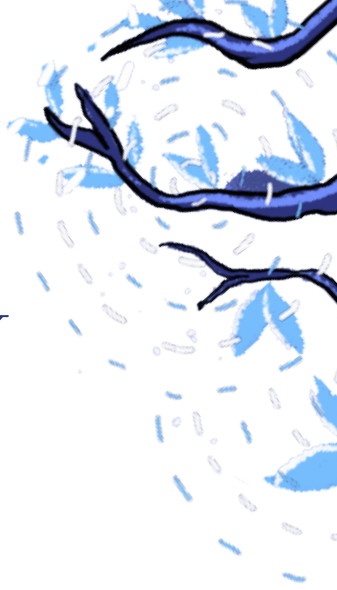
A RELIGION OF THE WORLD



WALID ABOULNAGA







# *PHILOSOPHY & RELIGION*

16<sup>TH</sup> JUNE, THU | 3.45 PM  
ON ZOOM

## SHAMANISM - A RELIGION OF THE WORLD

**S**hamanism is a spiritual practice found in cultures around the world from ancient times up to the present day which is both practical and adaptable.

**Walid Abounaga is the founder of NAFAS**, a Transformational Journeys agency helping those embarking on their journey of self-discovery. An ordained Shamanic Minister and a certified Shamanic Breathwork Facilitator, Walid **will take us on a journey of self discovery** with shamanism beginning with a brief talk followed by question and answers, ending with a breathwork session led by him.

The zoom link will be shared closer to the date.

*Deepika*  
Goyal



*Gowri*  
Visvanathan



# *HEALTH & ECOLOGY*

THE FIRST WEALTH IS **HEALTH**



NEELIMA SRIRAM & DR LAKSHMI SUNDAR





# HEALTH & ECOLOGY

21<sup>ST</sup> JUNE, TUE | 10.15 AM

THE FOLLY, AMETHYST

28, WHITES ROAD, ROYAPETTAH, CHENNAI - 600 014

**THE FIRST WEALTH IS HEALTH!**

A healthy outside starts from the inside

- Robert Urich

"Mindful Chef" **Neelima Sriram** endorses wholesome plant based eating and shares sustainable cooking techniques. Her special emphasis on health benefits of organic and locally grown ingredients is much more than food for thought!

**Dr Lakshmi Sundar** is a **fitness enthusiast**, long distance runner and one of the three certified Oxygen advantage coaches in India. Her forte lies in preventive medicine, lifestyle changes, nutrition and preventing amputation in those afflicted with the diabetic foot.

Let food be thy medicine.....

*Nusrret*  
Cassam



*Irina*  
Kudina



# *HISTORY, CULTURE & TOURS*

## BRONZE GALLERY



DR CHITRA MADHAVAN





# *HISTORY, CULTURE & TOURS*

23<sup>RD</sup> JUNE, THU | 10.00 AM  
MADRAS MUSEUM  
PANTHEON ROAD, EGMORE, CHENNAI.

## **BRONZE GALLERY**

Walkabout in the **Bronze Gallery of The Madras Museum**  
With **Dr Chitra Madhavan**.

Dr Chitra Madhavan will lead us through the Bronze Gallery of the Madras Museum on a fascinating tour of this magnificent collection, with her insightful commentary on all that we will be seeing.

Tamil Nadu is a land of Temples and sculptures in metal and stone. The metal images are referred as Bronzes and are world famous masterpieces of art. Dating back to the Golden age of the Pallavas, Pandyas and Cholas from the 9th to the 13th centuries.

Dr Chitra Madhavan has an MA and an M Phil in Indian History and a Ph D in Ancient History and Archaeology. She is the author of nine books.

**This is a walk-in meeting with a limit of 25 members.**  
**Please call Vidya Singh or Sukhee Lee**  
**& warn in by 16th June**

*Vidya*  
Singh

*Sukhee*  
Lee



*MUSIC &  
PERFORMING ARTS*

THE AVIGNA  
DANCE ENSEMBLE



NARENDRA & DEEPA





# *MUSIC & PERFORMING ARTS*

28<sup>ST</sup> JUNE, TUE | 10.15 AM

VANI MAHAL - THYAGA BRAHMA GANA SABHA  
103, GOPATHI NARAYANASWAMI CHETTY RD, T. NAGAR,  
CHENNAI -600017.

## THE AVIGNA DANCE ENSEMBLE

**The Avigna Dance Ensemble**, a premier performing troupe based in Chennai has enthralled audiences worldwide with its innovative choreography and vivid presentations.

**Artistic Director, G.Narendra** and his team have strived hard to make Avigna one of the finest dance companies in the country today.

Bharatnatyam – from the South of India one of the most ancient forms of classical dance. It encompasses unique technique, skill, grace and the sculpture like poses.

**Narendra & Deepa**, will bring to you, poetic yet exuberant dance numbers which showcases intricate footwork, exemplary technique and intriguing choreography.

*Padmavathy*  
Gunasekar





# *COOKING SWAPSHOP*

ON A HERITAGE  
RICE TRAIL



SHEELA BALAJI







# COOKING SWAPSHOP

30<sup>ST</sup> JUNE, THU | 10.15 AM

**SPIRIT OF THE EARTH**

**SRINIDHI APARTMENTS, NO. 4, DESIKA ROAD, MYLAPORE**

Lankmark : Take the left just before Home Center.

Parking is on the street, we request you to please carpool to the venue.

## ON A HERITAGE RICE TRAIL

Spirit of the Earth, an initiative by **Swami Dayananda Educational Trust**, recovers, conserves and cultivates over 260 rare and endangered heritage rice varieties in the village Manjakkudi, Tamil Nadu. This efforts biodiversity, food security and importantly helps us build healthy communities.

**Sheela Balaji**, SDET & Founder- Spirit of the Earth will walk us through her journey & **Priyanka** of Spirit of the Earth will guide us through the origin of this gluten-free grain, why we need to bring it back to our meal plans and share some easy and healthy rice-based recipes. She is going to reiterate what our ancestors have been saying all along, "rice is nice".

*Shefalii*  
Dadabhoy



*Amulya*  
Rao



# *HISTORY, CULTURE & TOURS*

EXPLORING THE SPECTACULAR  
ASIAN SPLENDOUR  
LAOS & THAILAND



# HISTORY, CULTURE & TOURS

19<sup>TH</sup> - 26<sup>TH</sup> SEPTEMBER ' 22

EXPLORING THE SPECTACULAR  
ASIAN SPLENDOUR –  
LAOS & THAILAND

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 hidden caves, the limestone peaks and the bumpy TukTuk rides are merely scratches on the surface of a world still untainted by modern civilization. Experience the trend #LivelikeaLocal from the moment sun rises over the hills and sets to leave behind the bustling night markets at play in **Chiang Mai**.





## EXPLORING THE SPECTACULAR ASIAN SPLENDOUR – LAOS & THAILAND

Vibe with the other side of **Thailand** - the one with spangles, colourful sunglasses and loud tinsel tales. Even footprints turn into stardust here. Sinfully true to its image, Thailand is also home to one city that never sleeps. Finger-licking good street food, world-renowned Thai foot massages and jaw-dropping shopping malls, **Bangkok** will never cease to amuse you.

Join us as we explore **Laos & Thailand**, the two Capitals of Asian Splendour, on an 8-day journey.

**Date : September 19-26**

**Cost : will be shared at the fellowship meeting on June 13th**

There are 25 seats only available, so reserve your place soon. Reservations will be made on a first come first serve basis. July 10th will be the last day to register. You can reserve your place with a non-refundable booking amount.

*Vidya*  
Singh

*Sukhee*  
Lee



# OUR MC TEAM

## PRESIDENTS



Jeyasree Ravi



Mangai Kamal

## VICE PRESIDENTS



Ritu Sahi



Sanyukta Gill

## SECRETARIES



Sadiya Khaleel



Raylsi Ballhatchet

## TREASURERS



Deepali Goyal



Swati Reddy



# OUR EC TEAM

## ARTS & HANDICRAFTS



Tulsi Reddy



Masako Maruyama

## BOOK DISCUSSION



Nandi Shah



Stefanie Andruchowitz

## COOKING SWAPSHOP



Shefalii Dadabhoy

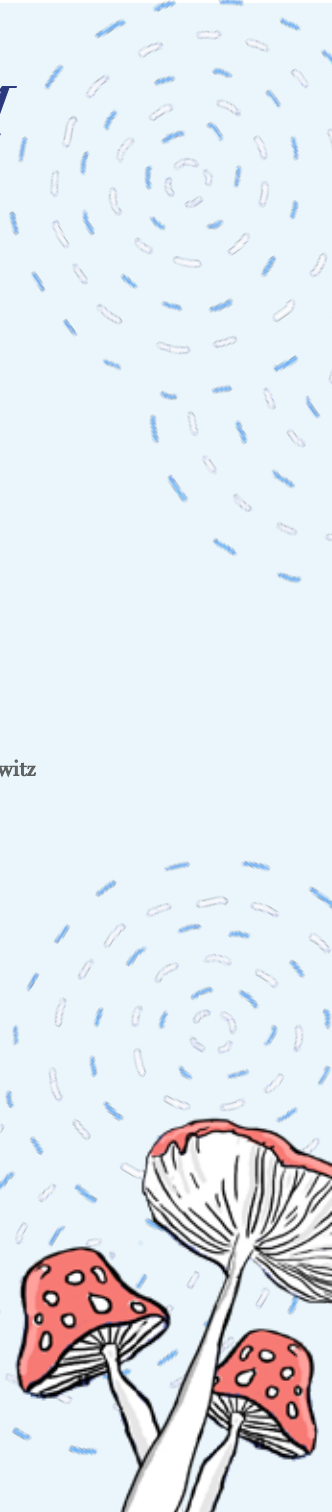


Amulya Rao

## CURRENT EVENTS



Somna Sachdev



# OUR EC TEAM

## HEALTH & ECOLOGY



Nusrret Cassam



Irina Kudina

## HISTORY, CULTURE & TOURS



Vidya Singh



Sukhee Lee

## MUSIC & PERFORMING ARTS



Padmavathy Gunashekar

## PHILOSOPHY & RELIGION



Deepika Goyal



Gowri Visvanathan



## 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 Jesudasan

### IWA REGISTERED OFFICE

Talking Technology Pvt. Ltd. 857, Poonamallee High Road, Kilpauk, Chennai - 10 [www.iwachennai.com](http://www.iwachennai.com)



