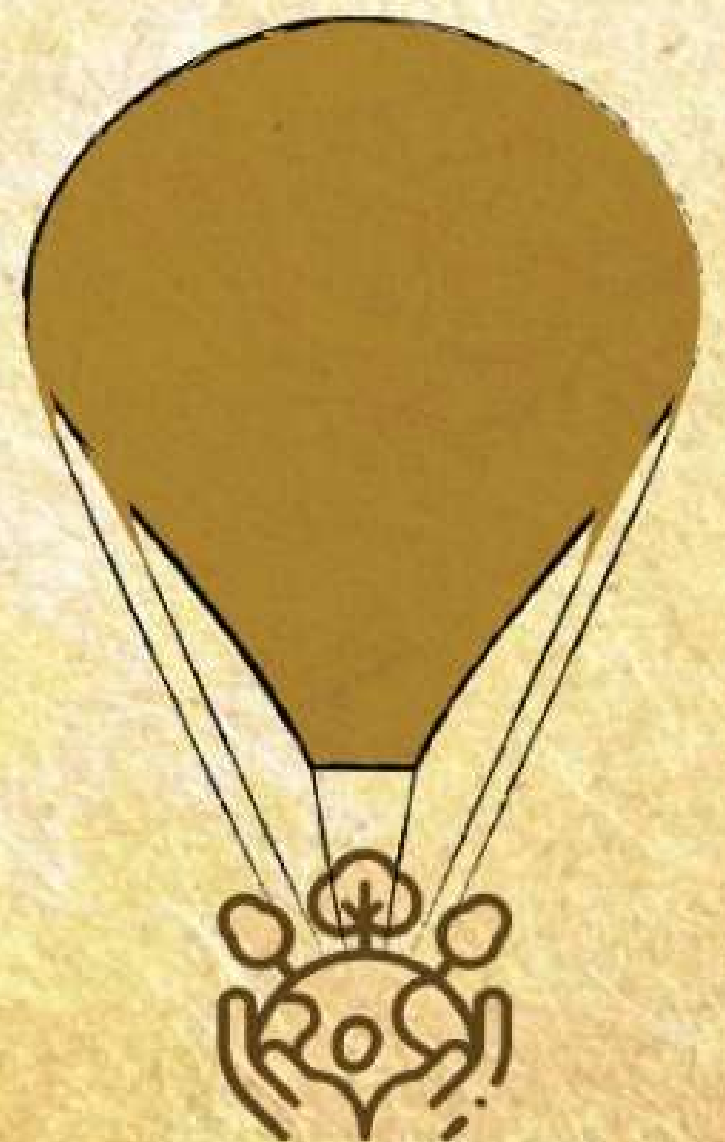
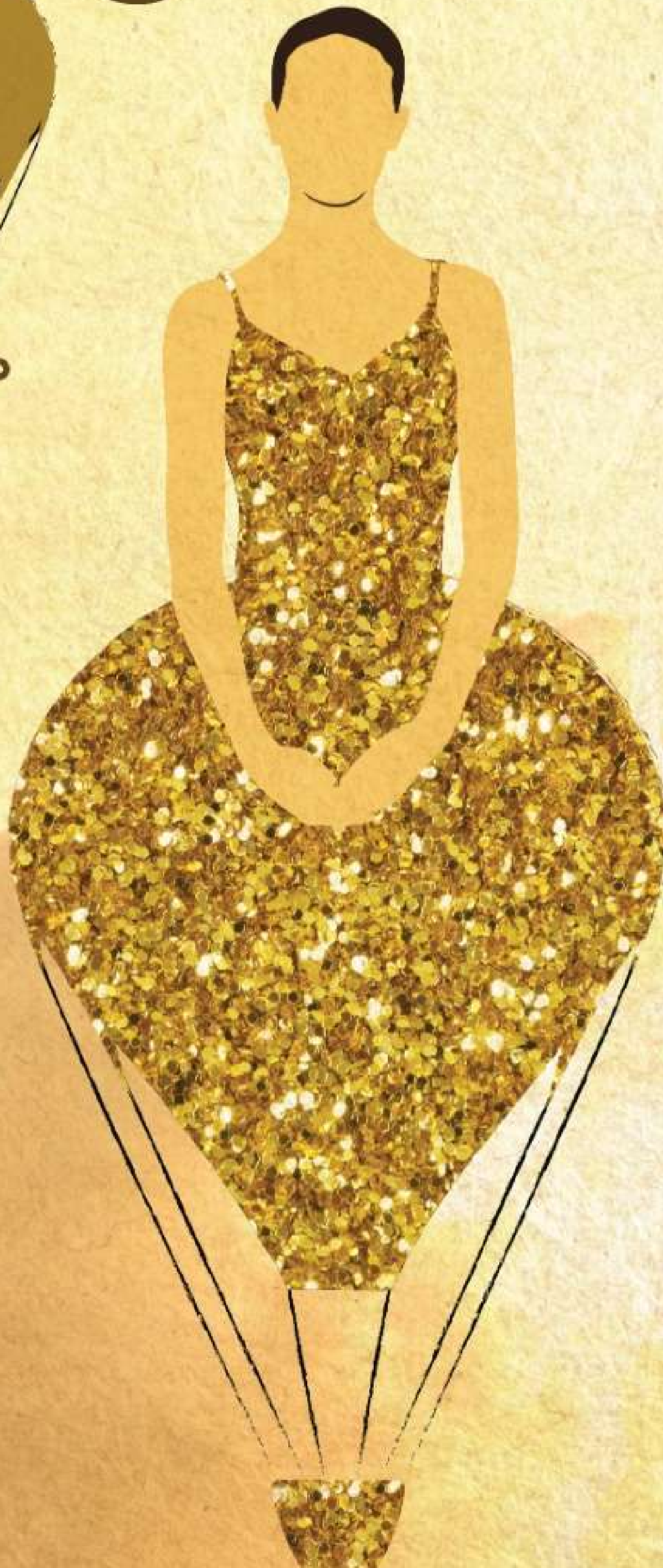
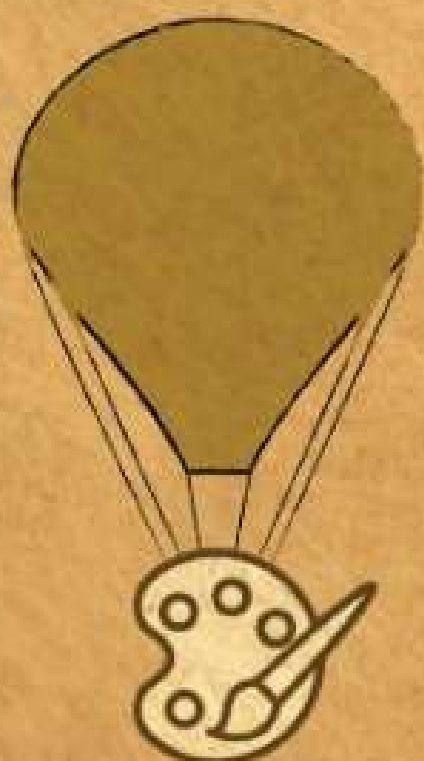
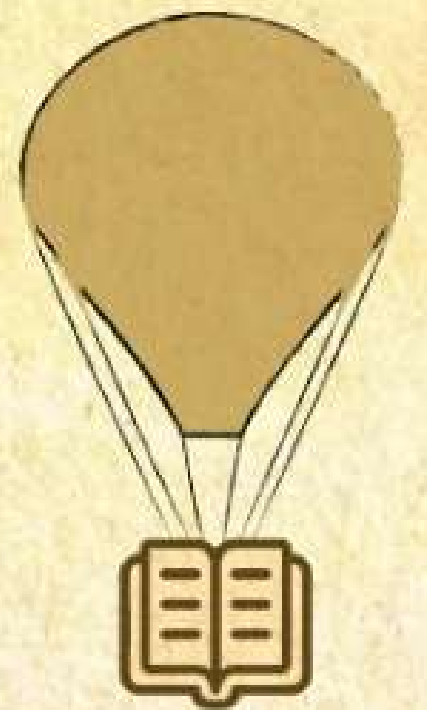
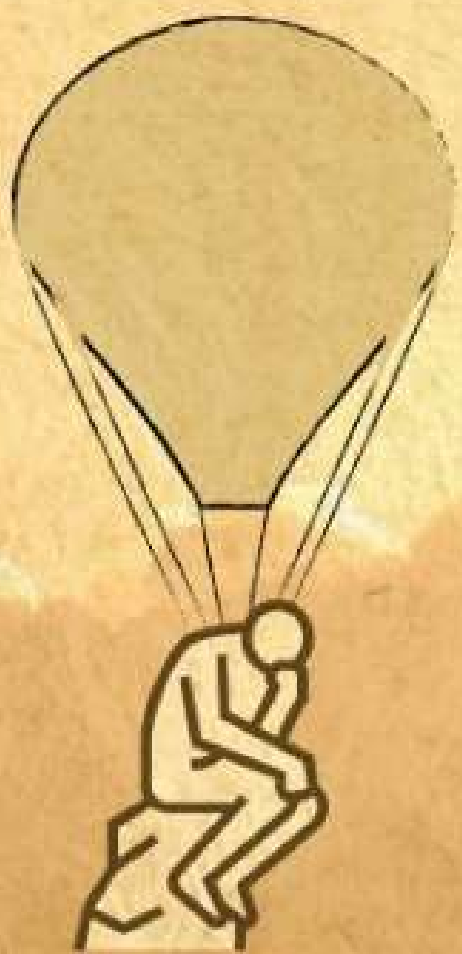
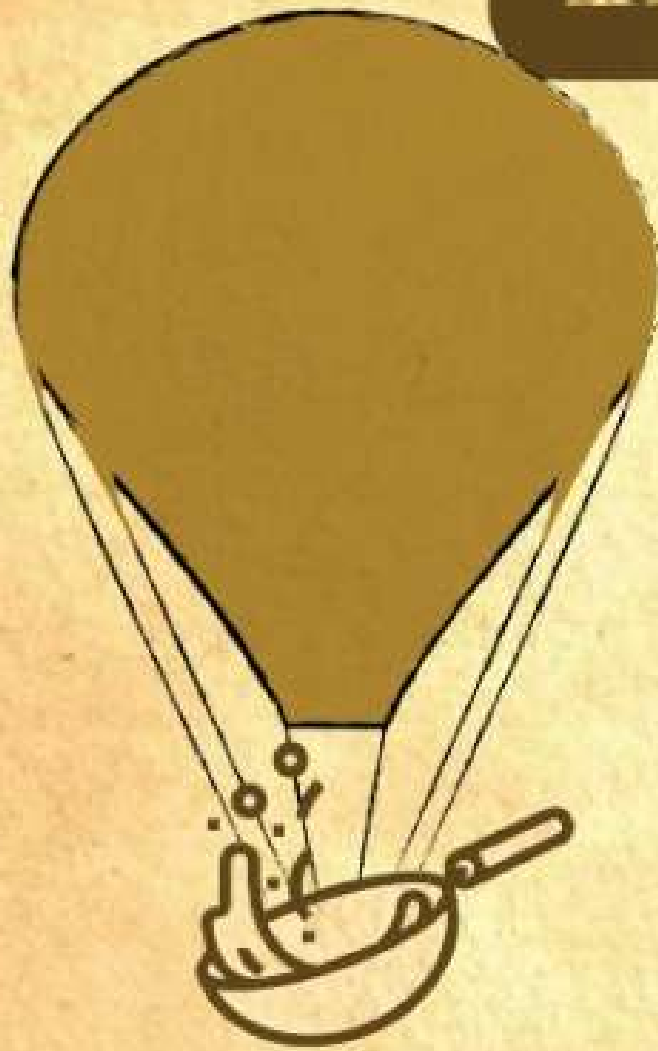
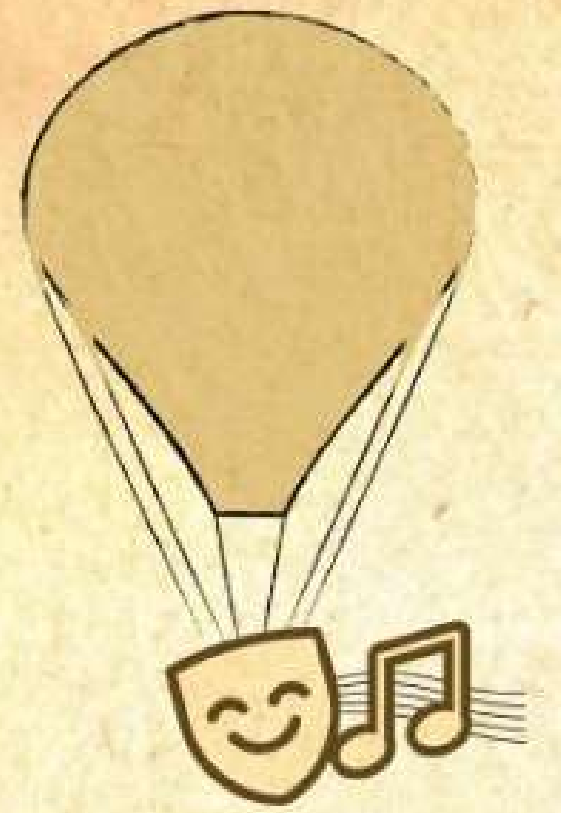
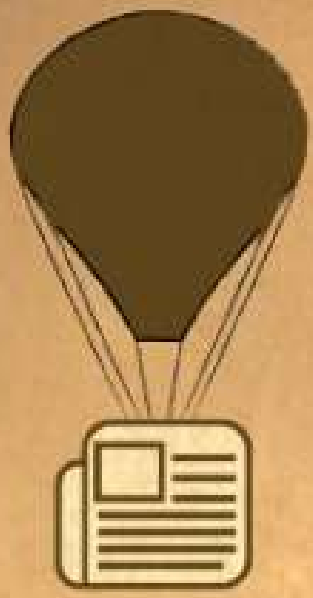




# Around the World in 8 Ways



June 2023

# EXECUTIVE COMMITTEE

## 2023-2024

### Managing Committee

Presidents	Ritu Sahi	93828 81478	ritusahi@hotmail.com
	Sanyukta Gill	98404 15677	sanyukta_g@yahoo.com
Vice Presidents	Sadiya Khaleel	98840 50686	sadiya2yk@yahoo.co.in
	Raylsi R Ballhatchet	+4479384 55591	rayballhatchet@gmail.com
Secretaries	Somna Sachdev	98410 22922	sachdev.somna@gmail.com
	StefanieAndruchowitz	63802 83166	s.andruchowitz@gmail.com
Treasurers	Deepali Goyal	98404 42260	deepali_gyl@yahoo.com
	Swati Reddy	98841 77777	swati_reddy@yahoo.com

### Activity Chairpersons

Arts & Handicrafts	Nusrret Cassam	98403 77872	nusrretcassam@gmail.com
	Viraj Thakore	89399 33433	thakoreinc@gmail.com
Book Discussion	Rajshri Sundrani	88702 77779	rajshri.linesh09@gmail.com
	Sushi Goklaney	98401 04822	sushigoki24@hotmail.com
Cooking Swapshop	Shefalii Dadabhoy	97898 89955	shefnochef@gmail.com
	Anjali Sacheti	98840 56000	anjali456@gmail.com
Current Events	Rekha Rangaraj	98407 47561	rangaraj.rekharaman@gmail.com
	Sukhee Lee	8668090691	sukheele702@gmail.com
Health & Ecology	Rinku Mecheri	98400 51172	rinku@chennaivolunteers.org
	Nalini Panday	98849 58629	nalini.panday@gmail.com
History, Culture & Tours	Jaya Mahbubani	98846 87986	jnmahbubani@gmail.com
	Rohini Tummala	99890 98640	rohinigopinath@hotmail.com
Music & Performing Arts	Jyothi Ganesh	98400 97298	jyothi1963@gmail.com
	Jansi Kishore	98415 89896	jansi_k@hotmail.com
Philosophy & Religion	Deepa Ramaprasad	98410 44886	deeparamaprasad@hotmail.com
	Catherine Reddy	63819 77392	catherinecapozzi@gmail.com

# JUNE AT A GLANCE



1st	<b>Thu 2.30 p.m. Managing Committee</b> <b>3.30 p.m Executive Committee</b>
15th	<b>Thu 10.15 a.m. Fellowship Morning</b> <b>@ Madras Club</b>
20th	<b>Tue 10.15 a.m. Health &amp; Ecology</b> <b>@ Hanu Reddy</b>
22nd	<b>Thu 11.00 a.m. Philosophy &amp; Religion</b> <b>@ Gurdwara Sahib</b>
27th	<b>Tue 10.15 a.m. Music &amp; Performing Arts</b> <b>@ E-Hotel</b>
30th	<b>Fri 10.30 a.m. History, Culture &amp; Tours</b> <b>on Zoom</b>

# FROM THE PRESIDENTS

Dear IWA friends

**"There are friends in life and there are friends for life" - Unknown**

IWA friends are for life. IWA friends mark our lives in the most perfect way. It's great to be back, to greet old friends and form new friendships.

Welcome to the the IWA year 2023-2024. **Gold** is our colour for the year, for the golden times we will try our utmost to give you as promised in our logo, **"Golden Our"**, which speaks about the limitless potential that IWA has at this very moment. We can, together, create golden times through our meetings and activities.

IWA's core is its Activities. Hence the newsletter depicts our 8 activities which literally take us **Around the World in 8 Ways**.

The vision of our Founder members, the dedication and hard work of our Past Presidents have handed us a wonderful organisation on a golden platter. We have to ensure that our priceless organisation is shimmering for all times to come.

IWA meetings will be largely physical with at least one online meeting for each activity. We hope that circumstances remain good and that all remains well. We will continue to use the digital platform for some meetings, Newsletters and all messages will be sent by email & WhatsApp.

We thank our members for the online payment of the Annual Subscription.

The Managing and the Executive Committees have been hard at work. Our Activity Chairpersons are brimming with enthusiasm and exciting times are ahead! We are grateful to members who have given us ideas for meetings, offered to host meetings and opened their homes for meetings.

We look forward to seeing you all at the **Fellowship Morning** in great numbers so that we start this new IWA year with joy and friendship.

We look forward to sharing the year with you at all our meetings.

**Ritu Sahi**

**Sanyukta Gill**

# FROM THE VICE-PRESIDENTS

Dear Friends,

We hope that you are ready to glide into an eventful golden year.

IWA is so much more than just an organization for fellowship and learning. It is a community of wonderful women, who over time, have developed long lasting friendships. We will do our very best to ensure this year is a memorable one.

Please do inform us if there is a change in your contact details so that we can keep our records up to date. We would love to know what is happening in your lives, so **please do share your important milestones with us** so they are published in the newsletter.

Our email address is **[iwablurbs@gmail.com](mailto:iwablurbs@gmail.com)**

Also, do let us know if you would be willing to help host a meeting, either by opening your home to us or by hosting it at a venue.

As always looking forward to your love and support.

**Sadiya Khaleel**

**Raylsi R Ballhatchet**

# FROM THE SECRETARIES

Dear IWA friends,

We welcome you to another exciting year at IWA! Our enthusiastic Presidents and Activity Chairs surely have a golden touch and will take us on many enthralling adventures. We are thrilled to be part of this journey with all of you. So, let's dust our walking shoes, fasten our seatbelts and prepare our minds for new treasures.

**The Newsletters will provide you with everything you need to know about IWA's activities.** As usual, it will be sent to you each month by email and WhatsApp (IDN).

If you are travelling and want to take a break from IWA, no problem... but we will miss you. Do let us know about your plans so that the waiting period feels shorter, and the reunion will be even sweeter. And don't go astray!... Send us changes in your contact details so we can keep our membership records up to date. We are just a WhatsApp message or call away if you need any help.

A gentle reminder: Our diligent treasurers are ready to receive the renewal forms for this year from those of you who have not sent it in as yet. The last day for submission is 30th June.

This IWA year is paved with gold. We look forward to going around the world together in 8 sparkling ways.

**Somna Sachdev**

**Stefanie Andruchowitz**

# FROM THE TREASURERS

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.

We thank the members for adapting seamlessly to our digital process for fee renewal. The renewal form for 2023-24 was emailed and posted on IDN on 28th April 2023. **Please fill it out and email to Deepali Goyal at [deepali\\_gyl@yahoo.com](mailto:deepali_gyl@yahoo.com)** Or send a photograph of filled form with transaction details via WhatsApp to Deepali at 9840442260. 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.

**Please contact Swati Reddy** at [swati\\_reddy@yahoo.com](mailto:swati_reddy@yahoo.com) or 98841 7777 regarding directory changes, attendance, name badges or bye-law books.

We look forward to interacting with you all! .

**Deepali Goyal**

**Swati Reddy**

# IWA HELPLINE

## **NOT RECEIVING NEWSLETTER BY EMAIL OR IDN**

**Somna Sachdev | 98410 22922 | sachdev.somna@gmail.com**

**Sadiya Khaleel | 98840 50686 | sadiya2yk@yahoo.co.in**

## **CHANGE IN MEMBERSHIP STATUS OR LEAVE OF ABSENCE REQUEST**

**Somna Sachdev | 98410 22922 | sachdev.somna@gmail.com**

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

**Swati Reddy | 98841 77777 | swati\_reddy@yahoo.com**

## **CHANGE IN DIRECTORY DETAILS**

**(Address | email | phone | mobile)**

**Somna Sachdev | 98410 22922 | sachdev.somna@gmail.com**

## **NEWSLETTER ANNOUNCEMENTS**

**Sadiya Khaleel | 98840 50686 | sadiya2yk@yahoo.co.in**

## **MEETING SUGGESTIONS**

**Ritu Sahi | 93828 81478 | ritusahi@hotmail.com**

**Sanyukta Gill | 98404 15677 | sanyukta\_g@yahoo.com**

## **HOSTING A MEETING**

**Ritu Sahi | 93828 81478 | ritusahi@hotmail.com**

**Sanyukta Gill | 98404 15677 | sanyukta\_g@yahoo.com**

**Sadiya Khaleel | 98840 50686 | sadiya2yk@yahoo.co.in**

*Please call between 10.00 am & 6.00 pm Monday | Saturday*

# HEARTFELT CONDOLENCES



Deepest condolences

To **Jaya Mahbubani** on  
the sad demise of her  
mother

To **Raksha Mehta** on the  
sad demise of her sister

# MEMBERSHIP SUB COMMITTEE

2023-2024

We thank **Nina Kothari** for her valuable contribution to last year's Membership Committee.

We welcome **Badrunnisa Mahadevan** as the new General Body Member.

This year's Committee is as follows:

## **Presidents**

**Ritu Sahi & Sanyukta Gill**

## **Immediate past Presidents**

**Jeyasree Ravi & Mangai Kamal**

## **Vice Presidents**

**Sadiya Khaleel & Raylsi R Ballhatchet**

## **Secretaries**

**Somna Sachdev & Stefanie Andruchowitz**

## **Immediate past Membership Secretary**

**Sadiya Khaleel**

## **General Membership**

**Badrunnisa Mahadevan & Padma Ashok**



# HEARTIEST CONGRATULATIONS

To **Dr. Vijaya Bharathi Rangarajan**  
for receiving "The Phenomenal She"  
award

To **Nina Kothari** on the birth of  
her granddaughter

To **Parvathi Nayar**  
for presenting her photo fiction Artwork  
'Chicken Run'  
at Hankuk University in Seoul,  
South Korea.

# FELLOWSHIP MORNING



**Thu | 15th June | 10.15 a.m  
@ Madras Club**

**The Fellowship Morning  
heralds a fresh new start to a  
new IWA year**

**RITU SAHI**

**SANYUKTA GILL**

**THE MANAGEMENT & EXECUTIVE COMMITTEES**

# FELLOWSHIP MORNING



**Date:** Thu, 15th June 2023

**Time:** 10.15 a.m

**Venue:** The Ballroom, Madras Club

The **Fellowship Morning** heralds a fresh new start to a new IWA year.

We meet, we greet, we renew friendships and forge new ones. Friends are the nicest things you can have and the best thing you can be. It is also a time to meet and welcome the new members joining the IWA family.

We, the **Managing and Executive Committees** welcome you to a relaxed morning of fun and fellowship as we start the new IWA year with a Fellowship Morning.

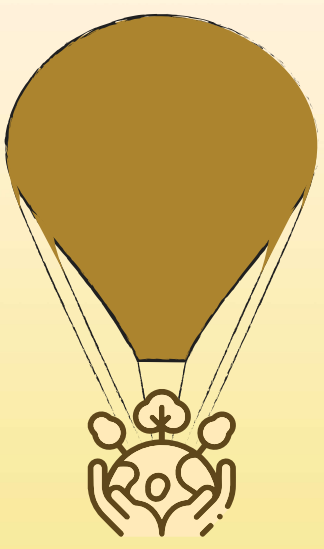
Our colour this year is the brilliant & glittering, shining & priceless - **Gold**. Let us together shimmer and shine in every which way. We would love to see you in a hint of gold, a hue of gold or lots of gold!

**This meeting is for members only.**

**Ritu Sahi**

**Sanyukta Gill**

**The Managing and Executive Committees**



# HEALTH AND ECOLOGY



**TUE | 20 JUNE | 10.15 AM  
@ HANU REDDY RESIDENCES**

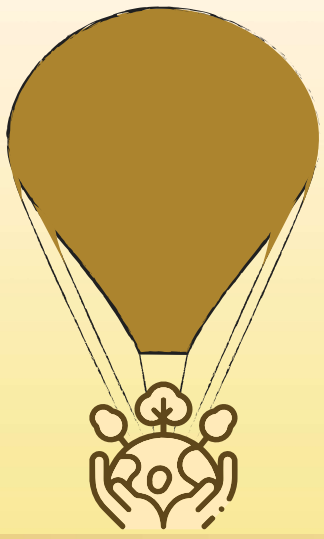
**DR.KHUSHALI P GAMBHIR**

**“ Homoeopathy to keep us Fit at 40,  
strong at 60 and independent at 80.**

**RINKU MECHERI  
NALINI PANDAY**



# HEALTH AND ECOLOGY



**Date:** Tue, 20th June 2023

**Time:** 10.15 a.m.

**Venue:** Hanu Reddy Residences,  
39/18, Binny Road  
Poes Garden.  
Chennai -600 086

## A SANDWICH CALLED MIDLIFE AND BEYOND

Homoeopathy to keep us 'Fit at 40 , strong at 60 and independent at 80.'

With an increase in life span from advances in medicine, the quality of life becomes an important focus . Homoeopathy and lifestyle facilitate our quality of life gently, with the aim of maintaining independence, dignity and confidence.

**Dr. Khushali Gambhir** will bust myths about homeopathy and emphasise its efficacy in treating medical conditions and building immunity. She will also focus on health-related issues that are likely to crop up among women during midlife. Many of these go undiagnosed and should be addressed.

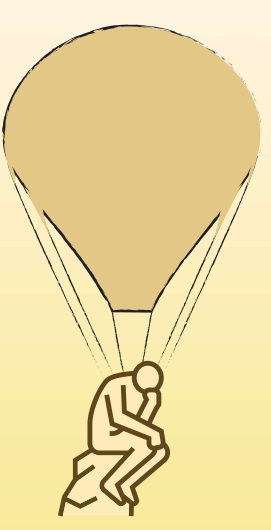
Dr. Khushali. P. Gambhir MD (Hom) is a homoeopathic physician, practising in Chennai for the past 27 years. She focuses on building immunity through childhood and midlife, with special interest on menopause.

Despite a busy clinical practice, she manages to keep abreast with academics through online courses, most recent being, "Fundamentals in Immunology – Harvard Medical School." She is also certified as a Mental health First Aid Trainer and a Fellow in Clinical Nutrition.

We thank our sponsors **Anuradha Sachdev** and **Deepika Goyal**. We also thank **Deepika Goyal** for being the day facilitator.

**RINKU MECHERI**

**NALINI PANDAY**



# PHILOSOPHY AND RELIGION

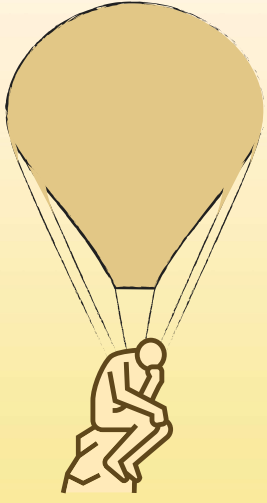


**THU | 22 JUNE | 11.00 AM  
@ GURDWARA SAHIB**

**“FROM IT'S BRILLIANCE, EVERYTHING ELSE IS  
ILLUMINATED - GURU NANAK DEV**

**DEEPA RAMAPRASAD  
CATHERINE REDDY**





# PHILOSOPHY AND RELIGION

**Date:** Thu, 22 June 2023

**Time:** 11.00.am

**Venue:** Gurdwara Sahib,  
G.N.Chetty Road,  
T.Nagar, Chennai-600 017

## DIVINE DOORS-EXPLORING THE MYSTIQUE OF THE SIKH GURDWARA

" From its brilliance, everything is illuminated." - Guru Nanak Dev

Step into a world of warmth and spirituality as you embark on a visit to a Gurudwara. Immerse yourself in the traditional service, where the melodic hymns of the Guru Granth Sahib are sung during the uplifting kirtan. Deepen your understanding of the Sikh religion through an engaging AV presentation, unveiling the rich tapestry of their history and beliefs.

Participate in the Ardaas, a sacred invocation led by the temple priest, where gratitude is expressed and blessings are sought. Experience the profound sense of unity and equality as you join in Langar, a communal meal open to all, transcending barriers of faith and social status.

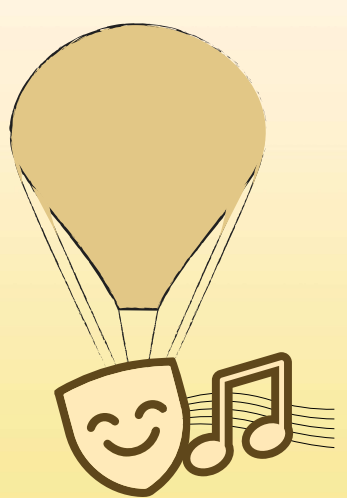
Accessible to everyone, a lift awaits to transport you to the temple on the first floor. The Gurudwara offers an enlightening and unforgettable experience. Come embrace the spirituality, cultural richness, and the warm embrace of the Sikh community.

A note to members: Upon entering the temple, one must remove their shoes and cover their head—please remember to bring a shawl or dupatta for this purpose.

We thank **Sangeet Chopra** for being our day facilitator.

**DEEPA RAMAPRASAD**

**CATHERINE REDDY**



# MUSIC AND PERFORMING ARTS



**TUE | 27 JUNE | 10.15 AM  
@ E-HOTEL**

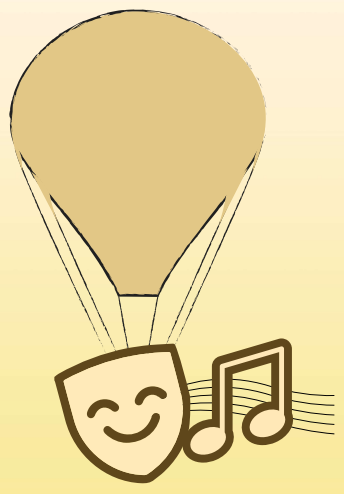
**MAALAVIKA SUNDAR**

**“SUPER SINGER ON A MISSION**

**JYOTHI GANESH  
JANSI KISHORE**



# MUSIC AND PERFORMING ARTS



**Date:** Tue, 27th June

**Time:** 10.15 am

**Venue:** E Hotel, Express Avenue Mall,  
Pattulos Road, Chennai 600 002

## SUPER SINGER ON A MISSION

The moment she picked up the microphone and broke into ‘Pal do pal ka saath humara’, Anu Malik, Farah Khan and Sonu Nigam knew **Maalavika Sundar** was their last girl standing in the top four finalists of the country’s most prestigious singing realistic show Indian Idol.

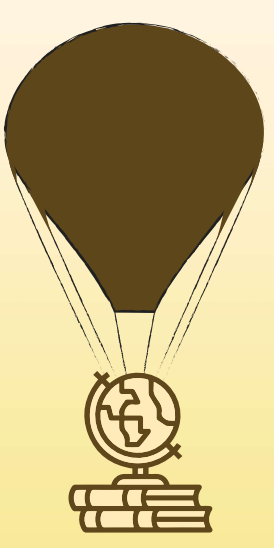
Maalavika stands apart as one of the rare musicians to have been trained as per the ancient system of Gurukula Vasam for a whole decade, under the tutelage of legendary guru, Smt Padmavathy Ananthagopalan.

Maalavika is now on a mission to show the world the beauty of Carnatic music. "It has the power to mesmerize every kind of listener – whether they’re into rock, hip-hop or electronic; I want to demonstrate that Carnatic music finds a home everywhere,”she says. Come prepared to be spell bound by this versatile singer, tv anchor, model.

We are most grateful to our sponsors, **Shobha Hebbar** and **Nalini Acharya** and to our Day Facilitator, **Shantha Narayanan**.

**JYOTHI GANESH**

**JANSI KISHORE**



# HISTORY, CULTURE AND TOURS



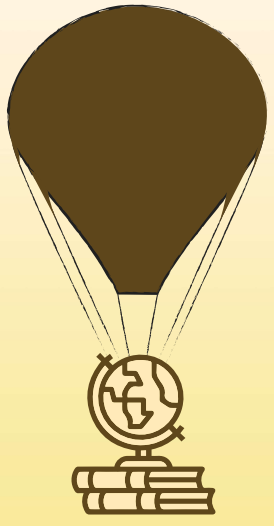
**FRI | 30 JUN | 10.30 AM  
ZOOM**

**AIR COMMODORE KC KURUVILLA**

**“ FLYING HIGH**

**JAYA MAHBUBANI  
ROHINI TUMMALA**





# HISTORY, CULTURE AND TOURS

**Date:** Fri , 30th June

**Time:** 10.30 am

**Venue:** Zoom Meeting

## FLYING HIGH

Announcement in progress:

Attention all passengers: please fasten your seat belts, but do not sit back and relax! Ahead of us is a dizzying journey - over war zones and enemy territory and - not for the faint-hearted.

We will lead fighter jets and execute a strike mission, meet with presidents and ministers, and get a birds-eye view of our land and celebrate the birth of Bangladesh.

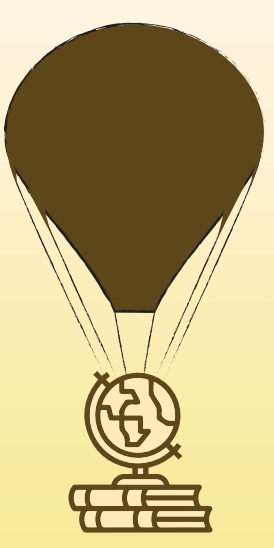
In the pilot seat today is war hero, **Air Commodore KC Kuruvilla**. He was commissioned into the Indian air force (IAF) in 1967. He rose steadily through the ranks, earning many accolades and was awarded the Vir Chakra for "gallantry in war" in 1972, the year after his incarceration as Prisoner of War (PoW) in Pakistan. The list of his achievements and decorations is extensive, running into several pages. The film, Vayusena, has been inspired by the story of his extraordinary life.

Don't miss this opportunity to meet and interact with veteran K C Kuruvilla, - it is not a ride you can afford to miss!

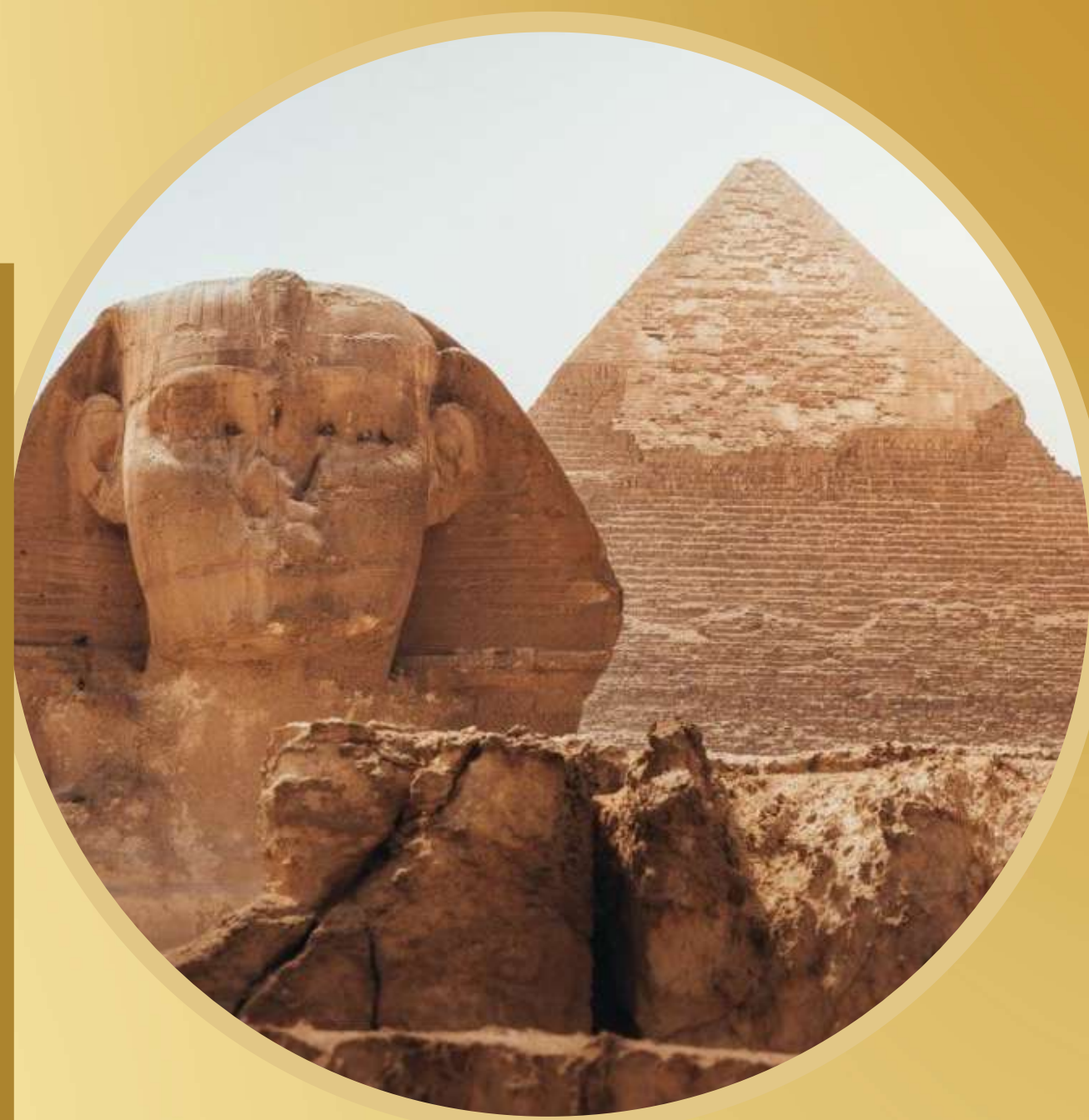
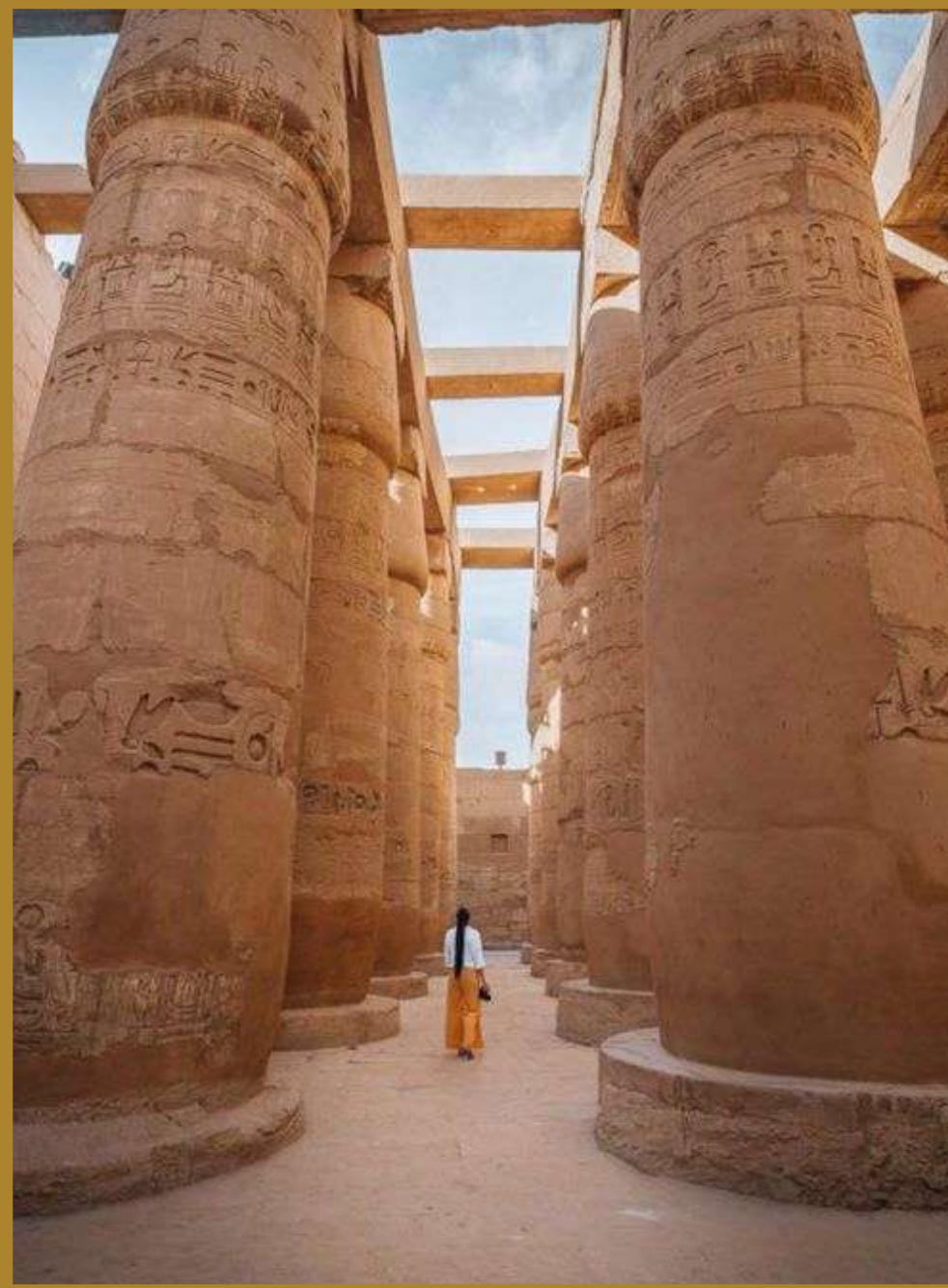
We thank **Mangai Kamal** for being the day facilitator.

**JAYA MAHBUBANI**

**ROHINI TUMMALA**



# HISTORY, CULTURE AND TOURS

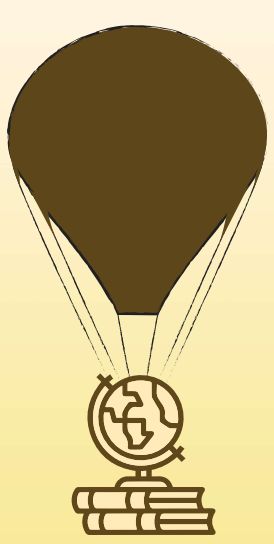


**20TH SEPT-30TH SEPT 2023**

**“ EMBRACE THE ALLURE OF EGYPT AS THE  
PAST COMES ALIVE IN EVERY STEP YOU TAKE**

**JAYA MAHBUBANI  
ROHINI TUMMALA**





# HISTORY, CULTURE AND TOURS

## EGYPT : A JOURNEY OF ANCIENT GRANDEUR

**"EMBRACE THE ALLURE OF EGYPT AS THE PAST COMES  
ALIVE IN EVERY STEP YOU TAKE "**

Join us on an extraordinary **Egypt** tour and embark on a captivating journey through time. Explore the iconic **Pyramids of Giza**, witness the majestic **Abu Simbel** temples, and immerse yourself in the grandeur of Luxor's **Valley of Kings**. Our itinerary is carefully crafted to showcase the country's most iconic sights while ensuring ample time for relaxation and indulgence.

**Luxor** is often called the world's greatest open-air museum. Explore the awe-inspiring **Valley of Kings**, where the tombs of pharaohs lie hidden in the cliffs. At **Abu Simbel**, be in awe of the monumental statues of **Ramses II**, surrounded by an aura of spiritual significance. Travel to **Saqqara and Memphis**, where ancient pyramids stand as timeless symbols of human ingenuity. Marvel at the **Bent Pyramid** and the **Step Pyramid of Djoser**, architectural marvels that have stood the test of time. Indulge in relaxation and serenity on a luxurious **Nile cruise**, drifting along the tranquil waters. In **Alexandria**, immerse yourself in the city's rich tapestry of history and modernity. Explore the renowned **Bibliotheca Alexandrina**, a center of knowledge and culture, and stroll along the scenic **Corniche**, taking in the tranquil beauty of the Mediterranean coastline. Explore the Art Studios in Cairo and the vibrant **Khan El-Khalili Bazaar**.

Don't miss this extraordinary opportunity to witness the magic of Egypt. Secure your place today and unravel the mysteries of a bygone era, creating unforgettable memories and forging new friendships.

**Date** - 20th to 30th September 2023

**Approximate cost** - 2,50,000/- (plus prevalent taxes and exclusive of international airfares)

To reserve your seat please call-

**Rohini Tummala** - 9989098640

**Jaya Mahbubani** - 9884687986 ( By WhatsApp call )

There are **limited seats** available, so please book your spot with a signing amount of **₹50,000/-**.

Please note that this amount is **non refundable** and seats will be booked on a **first-come-first-serve** basis. The last day to sign up is **June 15th**.

**JAYA MAHBUBANI**

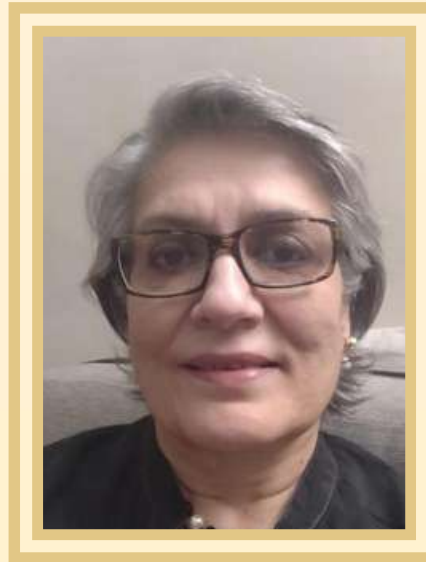
**ROHINI TUMMALA**

# OUR MC TEAM

## PRESIDENTS



Ritu Sahi



Sanyukta Gill

## VICE PRESIDENTS



Sadiya Khaleel



Raylsi R Ballhatchet

## SECRETARIES



Somna Sachdev



Stefanie Andruchowicz

## TREASURERS



Deepali Goyal



Swati Reddy

# OUR EC TEAM

## ARTS AND HANDICRAFTS



Nusrret Cassam



Viraj Thakore

## BOOK DISCUSSION



Rajshri Sundrani



Sushi Goklaney

## COOKING SWAPSHOP



Shefalii Dadabhoy



Anjali Sacheti

## CURRENT EVENTS



Rekha Rangarjan



Sukhee Lee

# OUR EC TEAM

## HEALTH AND ECOLOGY



Rinku Mecheri



Nalini Panday

## HISTORY, CULTURE AND TOURS

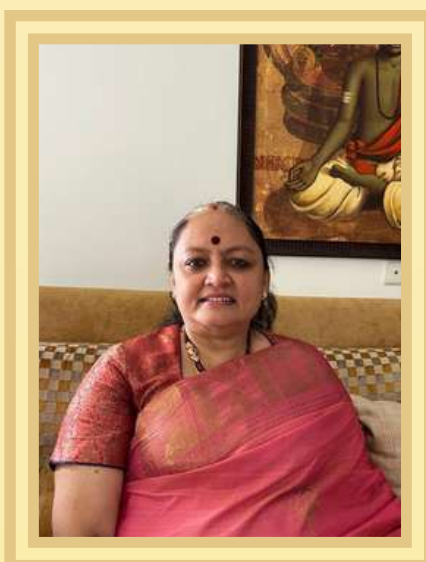


Jaya Mahbubani



Rohini Tummala

## MUSIC AND PERFORMING ARTS



Jyothi Ganesh



Jansi Kishore

## PHILOSOPHY AND RELIGION



Deepa Ramaprasad

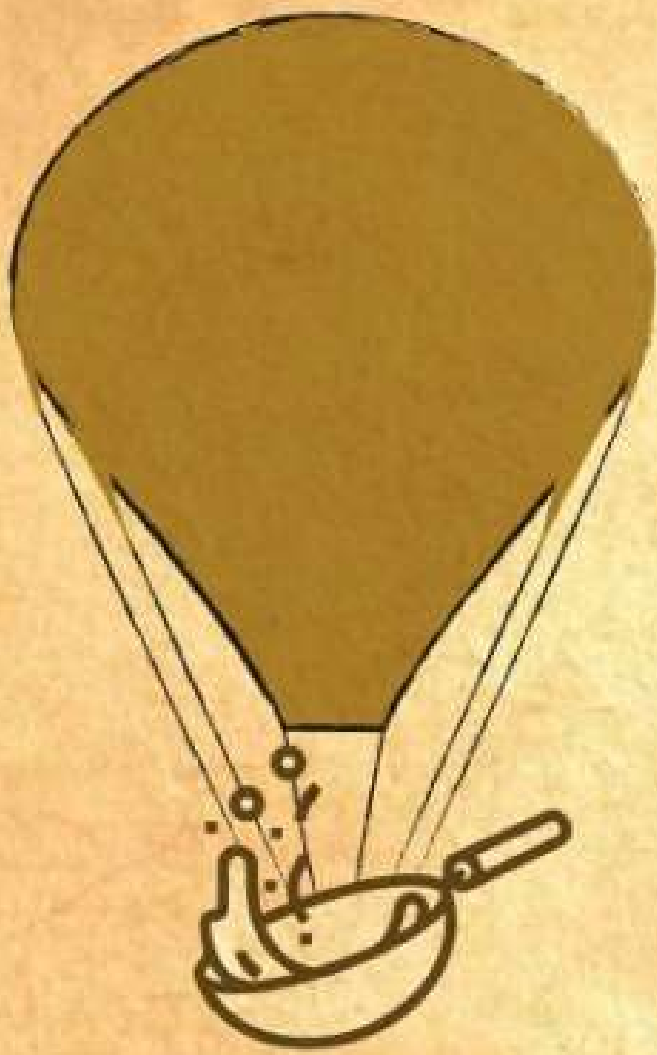
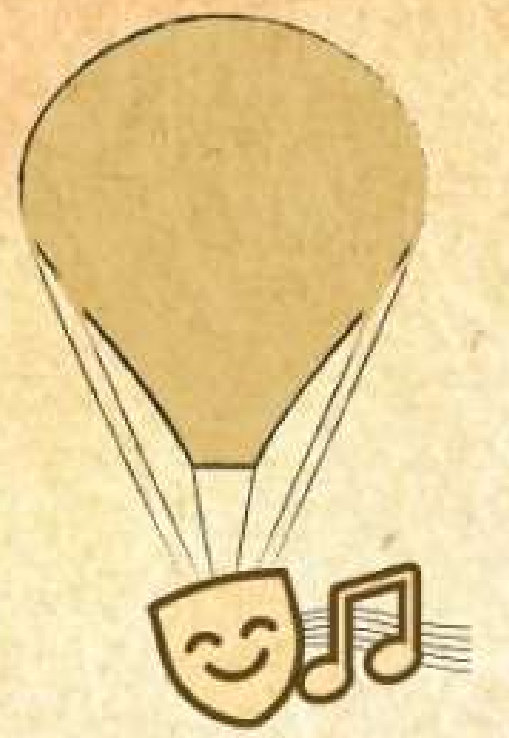
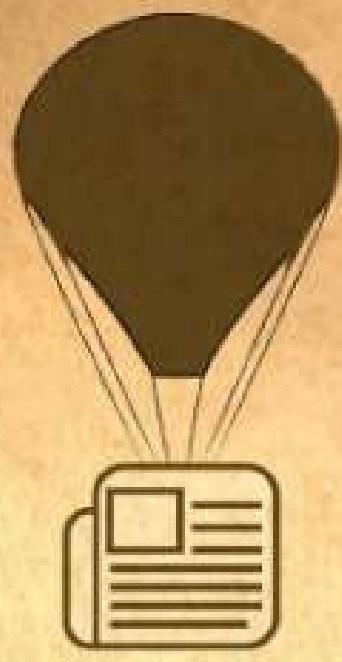


Catherine Reddy

**Founder Members - Nirmal Seshadri • Lakshmi Padmanabhan • Nancy Dean  
Saroja Ramamrutham • Anneliese Hazari • Sunita Shahaney • Reva Singh**

**Former Presidents**

<b>1986 - 1988</b>	<b>Nirmal Seshadri</b>	<b>Nancy Dean</b>
<b>1988 - 1990</b>	<b>Vanitha Mudaliar</b>	<b>Barbara Clarkson</b>
<b>1990 - 1991</b>	<b>Sunita Shahaney</b>	<b>Janet Picken</b>
<b>1991 - 1992</b>	<b>Nirmal Mirza</b>	<b>Stina Vasu</b>
<b>1992 - 1993</b>	<b>Malini Vijayaraghavan</b>	<b>Maureen Hudson Murari</b>
<b>1993 - 1994</b>	<b>Nanditha Krishna</b>	<b>Aruna Vijaykumar</b>
<b>1994 - 1995</b>	<b>Lily Madhok</b>	<b>Margaret Sekharan</b>
<b>1995 - 1996</b>	<b>Zubeida Asgarali</b>	<b>Khinthida Lwin</b>
<b>1996 - 1997</b>	<b>Alagu Muthu</b>	<b>Poonam Lalchand</b>
<b>1997 - 1998</b>	<b>Rupa Kadhiresan</b>	<b>Anneliese Hazari</b>
<b>1998 - 1999</b>	<b>Shyla K. Rau</b>	<b>Megan Utley</b>
<b>1999 - 2000</b>	<b>Gayatri Bewoor</b>	<b>Chandrika Chidambaram</b>
<b>2000 - 2001</b>	<b>Javanthi Singaram</b>	<b>Eira Doshi</b>
<b>2001 - 2002</b>	<b>Rani Chada</b>	<b>Seema Sait</b>
<b>2002 - 2003</b>	<b>Kusum Chadda</b>	<b>Meyyammai Murugappan</b>
<b>2003 - 2004</b>	<b>Sushila Natraj</b>	<b>Elaine Wood</b>
<b>2004 - 2005</b>	<b>Vidya Singh</b>	<b>Padma Ashok</b>
<b>2005 - 2006</b>	<b>Princess Naik</b>	<b>Rathi Nilakantan</b>
<b>2006 - 2007</b>	<b>Seema Bhargava</b>	<b>Amulya Rao</b>
<b>2007 - 2008</b>	<b>Kamala Prasad</b>	<b>Raziyeh Sheerazie</b>
<b>2008 - 2009</b>	<b>Rani Ananth</b>	<b>Lynne Connor</b>
<b>2009 - 2010</b>	<b>Shobha Hebbar</b>	<b>Elizabeth Aston</b>
<b>2010 - 2011</b>	<b>Mridula Srinivasan</b>	<b>Uma Ganesan</b>
<b>2011 - 2012</b>	<b>Nina Kothari</b>	<b>Cherry Venkatesan</b>
<b>2012 - 2013</b>	<b>Ramani Reddy</b>	<b>Vijaya Rangarajan</b>
<b>2013 - 2014</b>	<b>Nita Reddy</b>	<b>Priya Asokan</b>
<b>2014 - 2015</b>	<b>Asha Rammohan</b>	<b>Jo Frogbrook</b>
<b>2015 - 2016</b>	<b>Achamma Kurian</b>	<b>Malini Krishna</b>
<b>2016 - 2017</b>	<b>Nabila Avais</b>	<b>Jansi Kishore</b>
<b>2017 - 2018</b>	<b>Badrunnisa Mahadevan</b>	<b>Farah Bangera</b>
<b>2018 - 2019</b>	<b>Usha Jawahar</b>	<b>Mahvash Sait</b>
<b>2019 - 2020</b>	<b>Nidhi Kapoor Thadani</b>	<b>Anjali Sacheti</b>
<b>2020 - 2021</b>	<b>Jeyasree Ravi</b>	<b>Manisha Singhee</b>
<b>2021 - 2022</b>	<b>Tehnaz Bahadurji</b>	<b>Shobha Jesudasen</b>
<b>2022 - 2023</b>	<b>Jeyasree Ravi</b>	<b>Mangai Kamal</b>



# The Golden Our

