

**TOGETHER
we
THRIVE**



JUNE 2024



EXECUTIVE COMMITTEE

2024-2025

MANAGING COMMITTEE

PRESIDENTS	Sadiya Khaleel	98840 50686	sadiya2yk@yahoo.co.in
	Stefanie Andruchowitz	63802 83166	s.andruchowitz@gmail.com
VICE-PRESIDENTS	Somna Sachdev	98410 22922	sachdev.somna@gmail.com
	Fabienne Manele	89250 99974	fabienne.visites@gmail.com
SECRETARIES	Nirupa Sundaravadanan	98402 34623	bss_nimmu@yahoo.co.in
	Bettina Kjeldgaard	73388 70824	bsonderskov@gmail.com
TREASURERS	Sheetal Parakh	98400 27222	sheetalparakh@gmail.com
	Geetha Muthusamy	93804 24699	saathvika@hotmail.com

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	Anuradha Uberoi	98410 42520	amuberoi@hotmail.com
	Adeline Graham	81220 31783	adeline@fernandade.com
BOOK DISCUSSION	Rehane Yavar Dhala	98400 92725	rehane_yd@yahoo.co.in
COOKING SWAPSHOP	Rajshri Sundrani	88702 77779	rajshri.linesh09@gmail.com
	Meena Naru	98400 81678	meenananaru1@yahoo.com
CURRENT EVENTS	Jaya Mahbubani	98846 87986	jnmahbubani@gmail.com
	Nisha Bakshani	98410 91918	nisha@usa.net
HEALTH & ECOLOGY	Lalita Naidu	98849 35815	lalitaraonaidu@gmail.com
	Jaya Patwardhan	98402 33975	jayatp11@gmail.com
HISTORY, CULTURE & TOURS	Nandi Shah	98840 70014	simplyfour@gmail.com
	Rohini Tummala	99890 98640	rohinigopinath@hotmail.com
MUSIC & PERFORMING ARTS	Roshan Poncha	98403 50510	roshanponcha@gmail.com
	Arthi Bezwada	99947 78696	arthibez@gmail.com
PHILOSOPHY & RELIGION	Suchitra Girish	99716 40340	suchitra.girish@yahoo.com
	Alina Burnete	91768 87203	alina.burnete@gmail.com

JUNE AT A GLANCE

3
Mon

10.00 am Managing Committee Zoom
11.00 am Executive Committee

13
Thu

10.15 am Fellowship Morning Madras Club

18
Tue

10.15 am Health & Ecology Naik Scuba Academy

20
Thu

10.15 am Eid-ul-Adha Amir Mahal

25
Tue

10.15 am Music & Performing Arts Cottingley

27
Thu

4.00 pm Philosophy & Religion Zoom

FROM THE PRESIDENTS

Dearest Friends,

Welcome to the dawn of a new IWA year!

Excitement fills the air as we hear lively conversations and laughter, catching the scent of unexplored horizons near and far. Every sense is heightened in anticipation of a journey through the expansive garden of ideas and perspectives.

This year's theme, "Together We Thrive," encapsulates our shared pursuit of camaraderie and prosperity, urging us to delve into boundless dreams and aspirations. Green, our chosen hue, symbolizes the growth and vitality we aim to cultivate.

Together, we will create special moments through our meetings and activities. Our **Activity Chairpersons** are primed to provide a year brimming with enjoyment, enlightenment, and nourishment for the mind. While physical gatherings will predominate, we'll also integrate at least one online meeting for each activity.

Stay updated on our endeavors through our monthly **digital newsletter**, delivered via email and WhatsApp.

We commence the new year in June with two Board Events: **On the 13th, we gather for the Fellowship Morning**, a cherished opportunity to reconnect with old friends and forge new bonds. Then, join us **on the 20th to celebrate Eid** at Amir Mahal with soulful music, delightful company, and a sumptuous lunch.

Travel, they say, unveils the vastness of knowledge yet to be discovered. Our **international trip** to South Korea is slated for late September, followed by **tours of South and North India** in November and February respectively.

Exciting times await, thanks to the invaluable contributions of members who suggest meeting ideas, volunteer to host gatherings, and graciously open their homes. Your input throughout the year is greatly appreciated.

We invite you to partake in all our activities and support us with your presence and active involvement. Together, let's foster a year fueled with positive energy, embodying the essence of IWA's spirit.

Here's to flourishing and thriving together!

Sadiya Khaleel & Stefanie Andruchowicz

FROM THE VICE PRESIDENTS

Dear IWA Friends,

Welcome back to a new and exciting year, and welcome to our energetic team brimming with fresh ideas.

We are delighted to be part of this vibrant and enthusiastic committee. This year, the color green, a symbol of hope, will grace our newsletters, logo, and programs. We look forward to a year filled with fun events and engaging meetings.

Our EC & MC teams are ready to unleash their creativity and sense of humour to bring you entertaining events and inspiring talks.

We will continue to send poster reminders before each event and keep you informed about the milestones and other updates concerning our members.

To support each other, we encourage you to share the events in your life that you'd like us to communicate. Our email address is iwablurbs@gmail.com

We are excited about the amazing meetings our wonderful ACPs have planned for you.

Warm regards,

Somna Sachdev & Fabienne Manefé

FROM THE SECRETARIES

Dear IWA Friends,

Welcome to a new IWA year!

Our amazing Presidents and enthusiastic activity chairpersons are buoyant with plans for the coming year and we look forward to growing and thriving together through the many wonderful activities ahead.

We hope to see you and catch up with you at many meetings, hopefully much more than the minimum number required by IWA. If you have any difficulty with attendance, due to travel or other reasons, please do contact us.

The lovely newsletters will be packed with information about IWA activities and we will continue to send the newsletters through the WhatsApp IWA Digital Newsletter (IDN) group and by email. If you don't receive your copy, please let us know and we will try to sort it out as quickly as possible.

If you have not yet sent in your renewal form and annual subscription, this is a gentle reminder to do so before June 30th. If there's any change in your contact information, please inform us so that we can keep our records updated. We hope to support you in enjoying your IWA experience, so please don't hesitate to get in touch on WhatsApp or by phone for any queries.

We look forward to a fabulous year together!

*Nirupa Sundaravadanan
& Bettina Kjeldgaard*

FROM THE TREASURERS

Dear IWA Friends,

Welcome to another exciting year of IWA . We have a fantastic team that has already planned some great meetings, fellowship events and fun trips for the coming year and we are glad to be a part of it.

The newsletters will continue to reach you on time, every month on both WhatsApp (IDN) and by email to keep you abreast of all the meetings and events. In case you change your mobile number or email id, please notify us so we can update it at our end.

If for personal reasons you will be missing IWA meetings for long periods of time, do intimate us via email or WhatsApp so we are in the know.

A big thank you to all who have sent in their renewal forms and annual subscriptions and a gentle reminder to those who haven't, last date is June 30th.

We look forward to meeting everyone on June 13th at the fellowship. Till then enjoy your holidays.

Sheetal Parakh & Geetha Muthusamy

IWA HELPLINE

NOT RECEIVING NEWSLETTER BY EMAIL OR IDN

Nirupa Sundaravadanan | 98402 34623 | bss_nimmu@yahoo.co.in

Somna Sachdev | 9841022922 | sachdev.somna@gmail.com

CHANGE IN MEMBERSHIP STATUS OR LEAVE OF ABSENCE REQUEST

Nirupa Sundaravadanan | 98402 34623 | bss_nimmu@yahoo.co.in

ATTENDANCE RECORD OR BYE-LAWS COPY

Geetha Muthusamy | 93804 24699 | saathvika@hotmail.com

CHANGE IN DIRECTORY DETAILS

(Address | email | phone | mobile)

Nirupa Sundaravadanan | 98402 34623 | bss_nimmu@yahoo.co.in

NEWSLETTER ANNOUNCEMENTS

Somna Sachdev | 9841022922 | sachdev.somna@gmail.com

MEETING SUGGESTIONS

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

Stefanie Andruchowitz | 63802 83166 | s.andruchowitz@gmail.com

HOSTING A MEETING

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

Stefanie Andruchowitz | 63802 83166 | s.andruchowitz@gmail.com

Somna Sachdev | 9841022922 | sachdev.somna@gmail.com

Please call between 10.00 am & 6.00 pm Monday to Saturday



FROM THE MEMBERSHIP SECRETARY

We are happy to announce that -

The following Special Guests have been inducted as **Permanent Indian Members:**

Anupama Shivaraman S-52

New 23, Old12, Besant Road, Off Lloyds Road,
Royapettah,
Chennai 600 014
Mobile: 9841162910
Email: anupamashivaraman@gmail.com

Arti Bagdy B-12

No.2A, 1st Street, Karpagambal Nagar,
Kottivakkam,
Chennai 600041
Mobile: 9841246901
Email: artibagdy@yahoo.com

The following have been inducted as **Temporary Non-Indian Members:**

Linda Liebetrau L-6

Nationality – German
Azure the Oceanic,
40S Canal Bank Road,
Chennai 600028
Mobile: 7339452111
Email: Linda.liebetrau@outlook.de

Veronique Pelletier P-8

Nationality – French
The Presidential Tower,
Venkateshwara Gardens Ave (Flat 12A),
Kannathur, ECR,
Chennai 603112
Mobile: 7305990725
Email: vpelletier186@gmail.com

Trine Holmhus Ibsgaard I-2

Nationality – Danish
5/121C Dr Seshadri Avenue,
Injambakkam,
Chennai 600115
Mobile: 7845674176
Email: trineibsgaard@hotmail.com



MEMBERSHIP SUB-COMMITTEE 2024-25

We thank **Padma Ashok** for her valuable contribution to last year's Membership Committee.

We welcome **Rathi Nilakantan** as the new General Body Member.

This year's Committee is as follows:

Presidents

Sadiya Khaleel & Stefanie Andruchowitz

Immediate Past Presidents

Ritu Sahi & Sanyukta Gill

Vice Presidents

Somna Sachdev & Fabienne Manele

Secretaries

Nirupa Sundaravadanan & Bettina Kjeldgaard

Immediate Past Membership Secretary

Somna Sachdev

General Membership

Badrunnisa Mahadevan & Rathi Nilakantan



HEARTFELT CONDOLENCES

Our heartfelt condolences
to **Mridula Srinivasan**
on the loss of her dear mother.





**SADIYA KHALEEL &
STEFANIE ANDRUCHOWITZ**
The Managing and
Executive Committees



**FELLOWSHIP
MORNING**



13th June 2024 | 10:15 am
Ballroom, Madras Club



FELLOWSHIP MORNING



THU, 13TH JUNE 2024 ● 10.15 AM

BALLROOM, MADRAS CLUB

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

A new morning, a new extraordinary year!

Sheetal Parakh invites you to a fun **Fellowship Morning** to cherish old friends and welcome new ones.

Friendship is the comfort of shared smiles, the ease of mutual understanding, and the simple pleasure of companionship.

Join us as we embark on a journey of exploration and discovery, where every moment is an opportunity to connect, inspire, and thrive. Whether you're a seasoned fellow or a newcomer eager to dive into this energetic community, there's something special awaiting each of you.

As we gather, let's celebrate our bond by wearing the color of growth and vitality – **green**. Let our attire symbolize the ever increasing strength of our connections and the vibrant energy we bring to each other's lives.

TOGETHER WE THRIVE!



Club Dress Code Ladies:

To be decorously attired. Faded or torn Jeans not acceptable



HEALTH & ECOLOGY



ARUN NAIK

*The Ocean Story through
the eyes of a Scuba Diver*

18th June 2024 | 10:15 am
Naik Scuba Academy

LALITA NAIDU

JAYA PATWARDHAN





HEALTH & ECOLOGY

Date: Tuesday | 13th June

Time: 10:15 am

Venue: Naik Scuba Academy

THE OCEAN STORY THROUGH THE EYES OF A SCUBA DIVER

Address:

Naik Scuba Academy,
New No.4, Old No.7, 2nd Cross Street,
CIT Colony, Mylapore,
Chennai-600004

Arunkumar Naik's professional trajectory is a fascinating blend of diverse roles—a chef by training, an HR manager by accident, and a scuba diver by choice. With a profound passion for exploration, he has honed his skills as a professional **scuba diving instructor**, having ventured into the depths of oceans in the Philippines, Maldives, and India. His mission is to kindle in others, the same sense of marvel and fascination for the oceans that he felt when he first delved into the underwater realms.

Join Arunkumar as he guides us through the **enchanting world of the ocean**, sharing captivating tales of his firsthand experiences. His narrative flows straight from the heart of a seasoned scuba diver.

Attend his session, and gain insights into the synergies of scuba diving with the **environmental conservation of the oceans and its impact on everyday life**.

We thank **Princess Naik** for hosting this meeting
Special thanks to **Jasmine Kabrajee** for being our day facilitator.

Please note: This is a warn-in meeting, 35 members only. Please warn-in by WhatsApp message to **Lalita Naidu - 9884935815** between 11 AM to 5 PM.

There will be a few steps to take to reach the academy.

LALITA NAIDU

JAYA PATWARDHAN



**SADIYA KHALEEL &
STEFANIE ANDRUCHOWITZ**

**The Managing and
Executive Committees**



EID-UL-ADHA



20th June 2024 | 10:30 am

Amir Mahal



EID-UL-ADHA



THU, 20TH JUNE 2024 ● 10.30 AM

AMIR MAHAL

257 BHARATHI SALAI

ROYAPETTAH, CHENNAI 600 014

Eid-ul-Adha or Bakra Eid, also known as the Festival of Sacrifice, is one of the most important Islamic festivals. It is followed since the times of Prophet Abraham.

The traditions associated with **Eid-ul-Adha** emphasise the values of sacrifice, selflessness, gratitude and compassion for others.

In the spirit of unity, we invite you on this joyous occasion to a morning of soulful music and delicious food.

We are thankful to all the hostesses

Zubeida Asgarali • Nabila Avais • Nusret Cassam •
Rehane Yavar Dhala • Zainab Kachwalla • Thayabae Kakar •
Raheela Kareem • Bela M Khaleeli • Badrunnisa Mahadevan •
Farida Majid • Bilkis Moosa • Fazeela Nurdeen • Mahvash Sait •
Seema Sait • Fharzana Siraj • Naaz Tyebbhoy

This is a members only meeting.

SADIYA KHALEEL

STEFANIE ANDRUCHOWITZ

TOGETHER WE THRIVE!





MUSIC & PERFORMING ARTS



VINOD ANAND
Lights, Sound, Camera
...Action!

25th June 2024 | 10:15 am
Cottingley

ROSHAN PONCHA

ARTHI BEZAWADA





MUSIC & PERFORMING ARTS

Date: Tuesday | 25th June

Time: 10:15 am

Venue: Cottingley

LIGHTS, SOUND, CAMERA ...ACTION!

Address:

Cottingley,
20 Anderson Road,
Thousand Lights West,
Chennai - 600 006

Vinod Anand is a multi-faceted, highly talented artist who has dabbled in several fields in the course of his illustrious career. From teaching photography to directing over 700 ads, sales, and motivational films, to discovering and introducing many iconic stars in Bollywood, Kollywood, and cricket celebrities from Vidya Balan to Trisha and Sourav Ganguly, he has done it all! An awardee with a deep passion for theatre, he is also a published author. Now retired, he continues to be a creative consultant, voice artist, theatre and film actor, author, and passionate cook.

Vinod will engage us in an interactive chat that will introduce the audience to what goes on “**behind the scenes**” of a movie/ad film with fun anecdotes.

It will also feature tips and involve the audience in some theatrical games.

As a special treat and the cherry on top, a **Live Photo Studio** with a professional photographer will take “Portfolio” pictures of those who want it, and these (if you so wish) can go into a Model Bank!

We thank **Raylsi R Ballhatchet** for graciously hosting this meeting.

Special thanks to **Archana Meiyappan** for being our day facilitator.

Please note: This is a warn-in meeting. Please warn-in by a WhatsApp message to **Roshan Poncha** on **98403 50510** by 23rd June.

ROSHAN PONCHA

ARTHI BEZAWADA



PHILOSOPHY & RELIGION



**JODY
DOMERSTAD-BOISIT**
*Weaving Neurosculpting
and Miracles into Healing*

27th June 2024 | 4:00 pm
On Zoom

SUCHITRA GIRISH

ALINA BURNETE





PHILOSOPHY & RELIGION

Date: Thursday | 27th June

Time: 4.00 pm

Venue: Zoom

WEAVING NEUROSCULPTING AND MIRACLES INTO HEALING

Jody Domerstad-Boisits is a Master Yoga Therapist who blends ancient teachings and technology with modern science and personal experience to help reduce stress, heal trauma, and reconnect clients with their souls and their true selves.

Having faced significant health challenges - **Meningioma Brain Tumor removal, Traumatic Brain Injury (TBI), Stroke(s), disordered eating, and more** - **Jody possesses a unique understanding of the human experience.** Her journey and insatiable curiosity about human behavior have equipped her with the skills to offer profound guidance and insights. She aims to share her knowledge to achieve a more fulfilling, honest, and wholesome life, complete with practical tools.

An articulate and engaging speaker, her knowledge which **blends Science and the Spirit**, coupled with her personal insights, makes her a compelling and worthwhile listen.

Special thanks to **Mangai Kamal** for being our day facilitator.

SUCHITRA GIRISH

ALINA BURNETE



HISTORY, CULTURE & TOURS



SOUTH KOREA: A Journey Captivating the Harmony Between Tradition and Modernity

20th - 28th September 2024

NANDI SHAH

ROHINI TUMMALA





HISTORY, CULTURE & TOURS

SOUTH KOREA

A JOURNEY CAPTIVATING THE HARMONY
BETWEEN TRADITION AND MODERNITY

IWA invites you to join us on this journey through time and immerse us in the rich history of **South Korea**. We have curated a rich historical and modern itinerary that showcases the best of South Korea, balancing the importance of embracing experiences with ample free time to explore and indulge.

Seoul, the heart and soul of South Korea, merges ancient history with cutting-edge technology. Be ready to set out on an adventure to experience: The majestic **Gyeongbokgung Palace**, **Seoul Tower**, the iconic **DMZ** to the bustling streets of Myeongdong. Discover traditional Hanok villages, savour delicious Korean BBQs, and explore the dynamic nightlife. Continue the K wave with a traditional tea ceremony and a K food tour, and indulge in the bustling **Myeongdong street** for shopping. Experience the serene beauty and modern vibrancy of South Korea's second-largest city **Busan**, the coastal gem, renowned for its stunning beaches, serene temples, and modern skyline. Relax at **Haeundae Beach** and walk through the colourful **Gamcheon Culture Village**, view the landscape in the **Songda Sea Cable car** or sample fresh seafood at **Jagalchi Market**. Explore the natural wonders and tranquil spots of Jeju Island, known for its volcanic landscapes: Visit **Bijarim forest**, **O'Sulloc green tea fields**, and the **Jeju Folk Village Museum**, and relax at **Hamdeok Beach**.

Be part of this exciting journey that offers South Korea's eclectic, dramatically diverse experiences and startlingly unique culture filled with memorable moments.

Date: September 20- 28, 2024

Approximate Cost: INR 2,30,000 (Inclusive of International flights subject to price change on booking and excludes any prevalent taxes at that time)

To reserve your seat please call

Nandi Shah: 9884070014

Rohini G Tummala : 9989098640

Please book your seats as soon as possible as they are limited and will require a signing amount of INR 50,000 to be paid in advance. Please note this amount is **non-refundable** and the seats will be booked on a **first-come-first-serve basis**. The last day to sign-up is 15th June, 2024 but it will be closed once all the seats are filled up.

Please note that the itinerary involves walking and climbing, so participants should be comfortable with these activities. Unfortunately, no alternative program will be offered.

NANDI SHAH

ROHINI TUMMALA

OUR MANAGING COMMITTEE



SADIYA KHALEEL



STEFANIE
ANDRUCHOWITZ

PRESIDENTS



SOMNA SACHDEV



FABIENNE FIGUEROO

VICE PRESIDENTS



NIRUPA
SUNDARAVADANAN



BETTINA
KJELDGAARD

SECRETARIES



SHEETAL PARAKH



GEETHA
MUTHUSAMY

TREASURERS

OUR EXECUTIVE COMMITTEE



ANURADHA UBEROI

ARTS & HANDICRAFTS



ADELINE GRAHAM



REHANE DHALA

BOOK DISCUSSION



RAJSHRI SUNDRANI

COOKING SWAPSHOP



MEENA NARU



JAYA MAHBUBANI

CURRENT EVENTS



NISHA BAKSHANI

OUR EXECUTIVE COMMITTEE



LALITA NAIDU

HEALTH & ECOLOGY



JAYA
PATWARDHAN



NANDI SHAH

HISTORY, CULTURE & TOURS



ROHINI TUMMALA



ROSHAN PONCHA

MUSIC & PERFORMING ARTS



ARTHI BEZAWADA



SUCHITRA GIRISH

PHILOSOPHY & RELIGION



ALINE BURNETE

FOUNDER MEMBERS

Nirmal Seshadri • Lakshmi Padmanabhan • Nancy Dean
Saroja Ramamrutham • Anneliese Hazari • Sunita Shahaney • Reva Singh

PAST 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
2021 - 2022	Tehnaz Bahadurji	Shobha Jesudasen
2022 - 2023	Jeyasree Ravi	Mangai Kamal
2023 - 2024	Ritu Sahi	Sanyukta Gill

IWA REGISTERED OFFICE

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Chennai - 10 www.iwachennai.com

