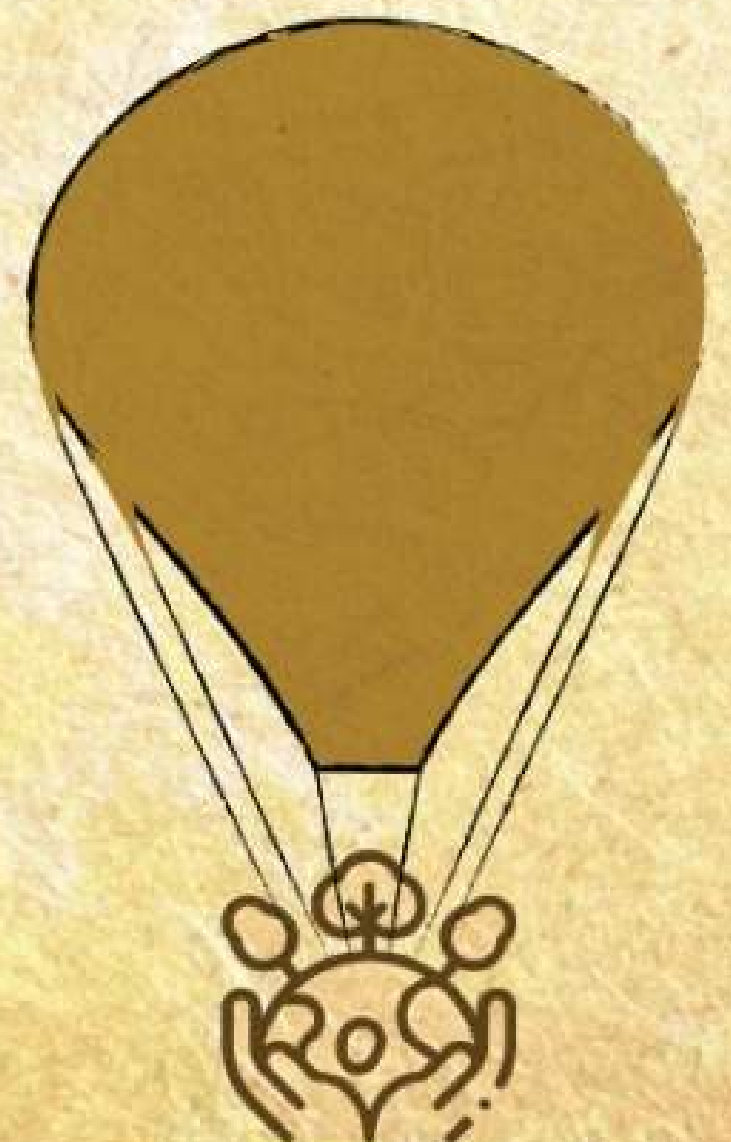
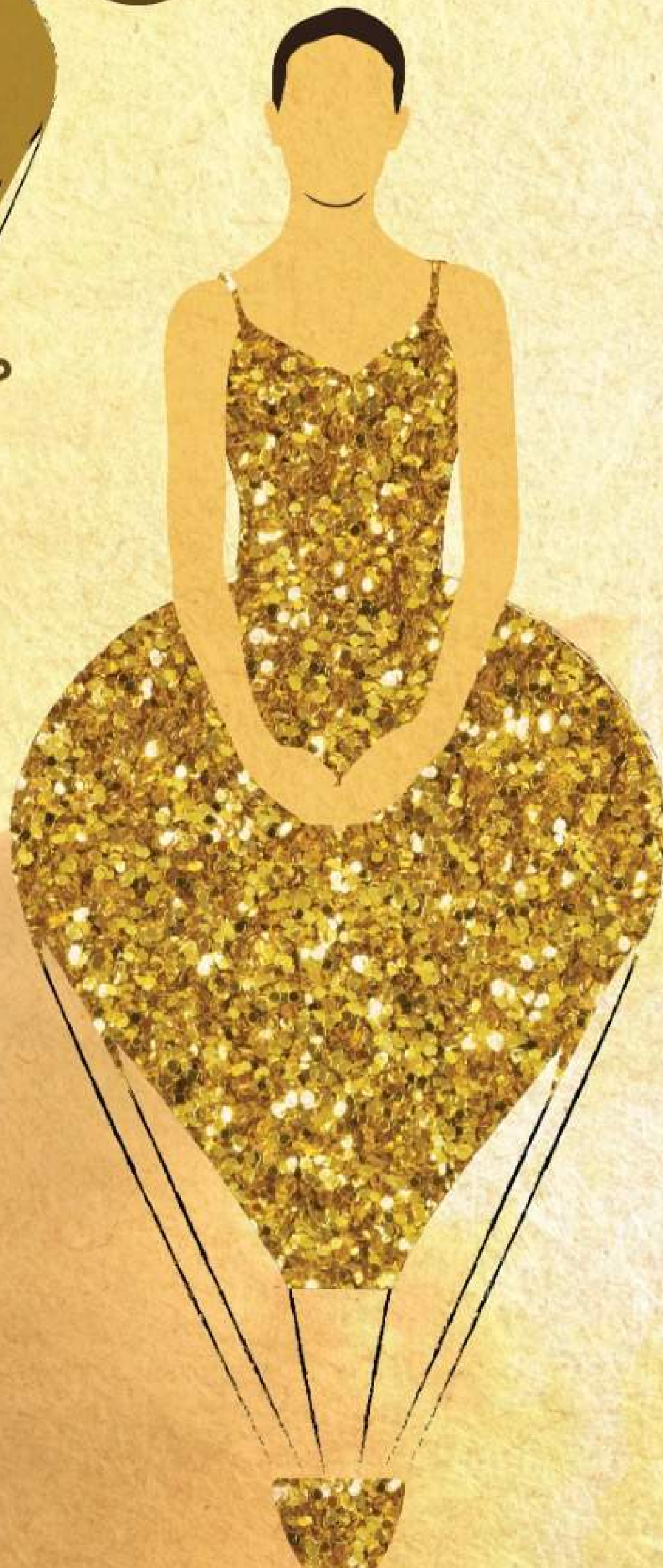
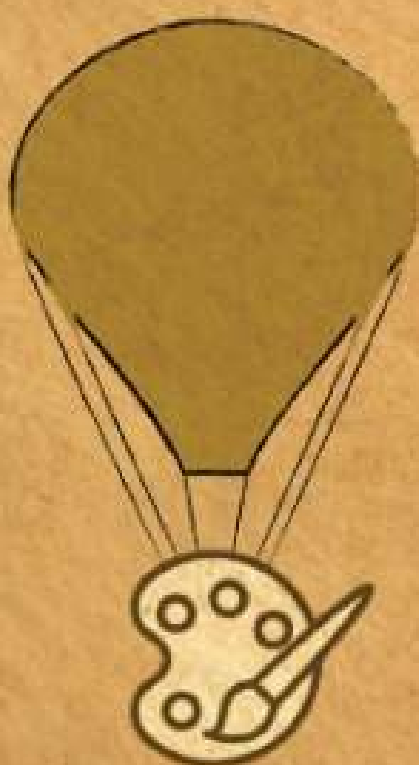
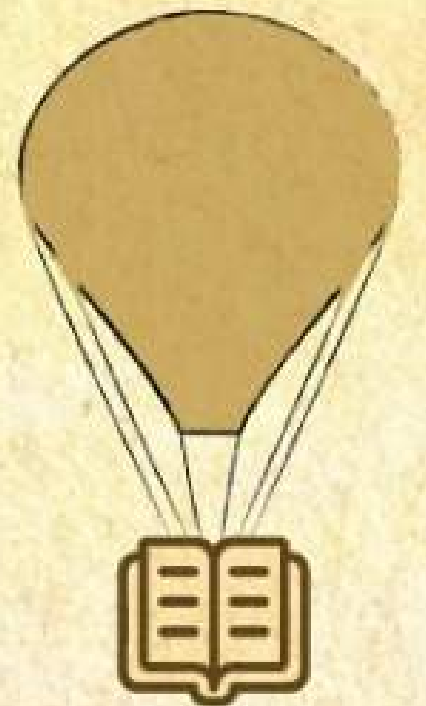
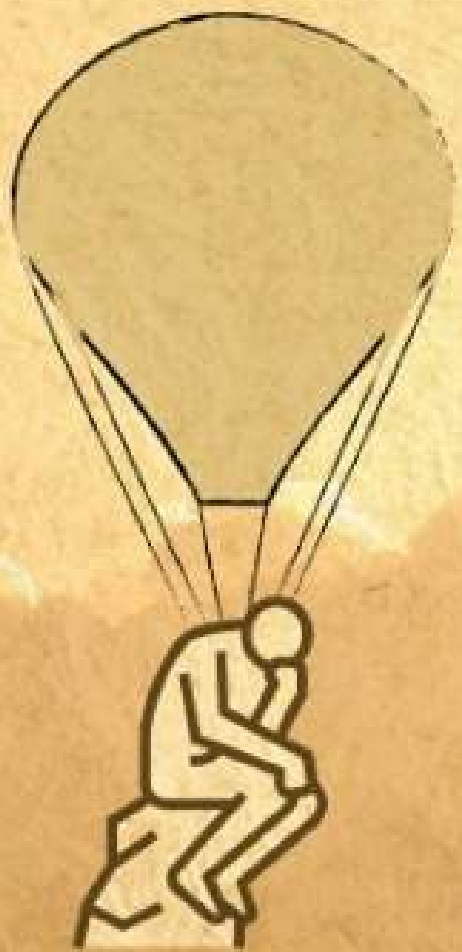
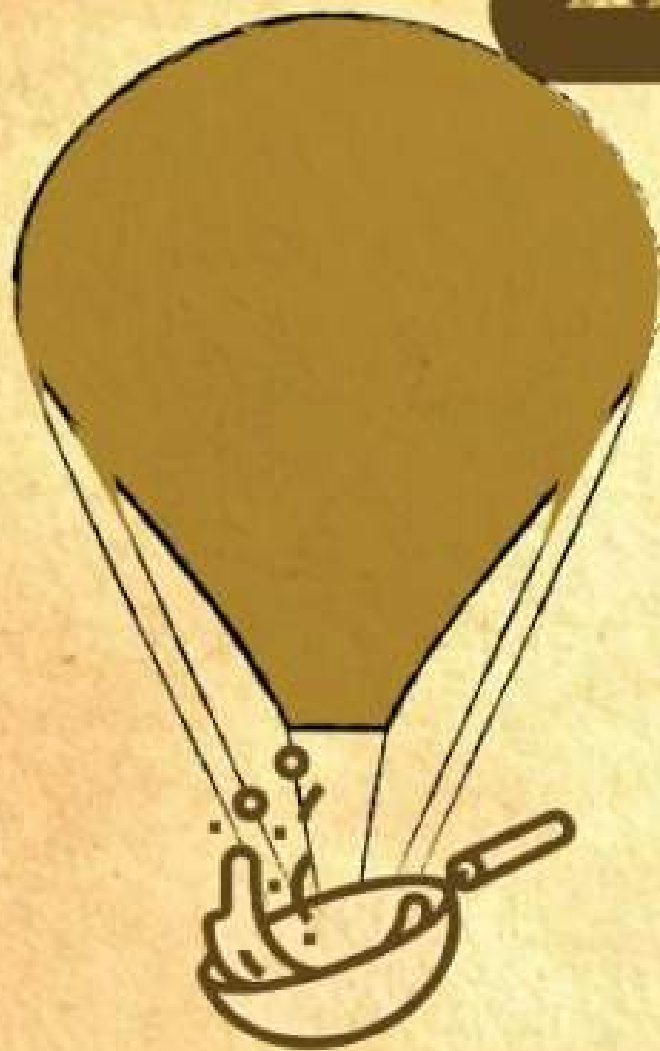
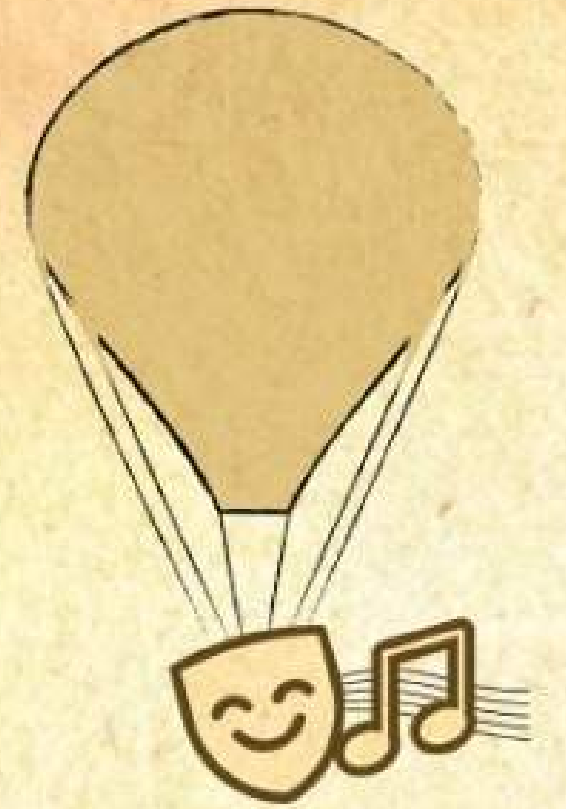
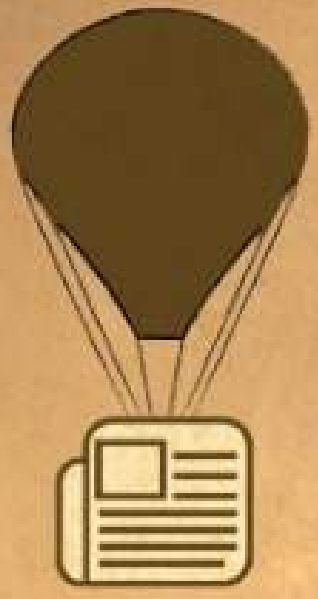




Around the World in 8 Ways



February 2024

EXECUTIVE COMMITTEE

1

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

1st	Thu	10:00 a.m. 11:00 a.m.	Managing Committee Executive Committee @ Zoom
5th	Mon	10:15 a.m.	Music & Performing Arts @ E-Hotel
6th	Tue	10:15 a.m.	Arts & Handicrafts @ Hanu Reddy Residences
8th	Thu	03:30 p.m.	Cooking Swapshop @ Vanitha Mudaliar's Residence
13th	Tue	10:15 a.m.	Music & Performing Arts @E-Hotel,
15th	Thu	10:15 a.m.	Endowment Lecture @ Tamil Nadu Medical Services Corporation Limited
20th	Tue	10:15 a.m.	Health & Ecology @ E-Hotel
22nd	Thu	10:15 a.m.	Book Discussion @ Sheetal Parakh's Residence
27th	Tue	10:15 a.m.	Cooking Swapshop & Health & Ecology @ Aeseo Korean Restaurant

**HEARTIEST
CONGRATULATIONS**

**To Rani Chandani on the
wedding of her granddaughter**

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

HEARTFELT CONDOLENCES



Deepest condolences

To **Jasmine Kabrajee** on the
sad demise of her mother in
law.



Dear IWA friends,

We launched the year with a fantastic musical event at **Amir Mahal**, featuring a fun musical quiz. It was heartening to see so many of you there to welcome the new year.

Looking ahead, we're excited about the **Endowment Lecture** by **Mr. Gopalkrishna Gandhi** on February 15th.

Our **Election Sub-Committee** is now on board to assemble a comprehensive list of candidates for the **new Managing Committee**.

Time flies, and we hope you'll enjoy the upcoming meetings planned by our capable chairpersons in the final months.

For those who've received notifications about **attendance**, please catch up. We're eager to see everyone at the exciting meetings lined up for the next few months.

Cheers to a month filled with wonderful meetings!

RITU SAHI

SANYUKTA GILL

The Managing Committee has appointed the following members to the Election Sub-Committee for conducting the election of the IWA Office Bearers for 2024-25.

Chairperson : Nabila Avais

**Members : Kausalya Santhanam,
Anjana Sunil, Anita Kapoor and Sheela
Sarath**

All members who are eligible to be nominated to a post on the Managing Committee 2024-25 will receive an email and / or message by SMS or WhatsApp, to verify whether they are willing to be nominated for such a post. Please respond at the earliest, according to the instructions given in the message.

If you are eligible, but do not receive a message by 10th February, 2024, please call any member of the Election Committee.

Chairperson:

Nabila Avais-99625 25558

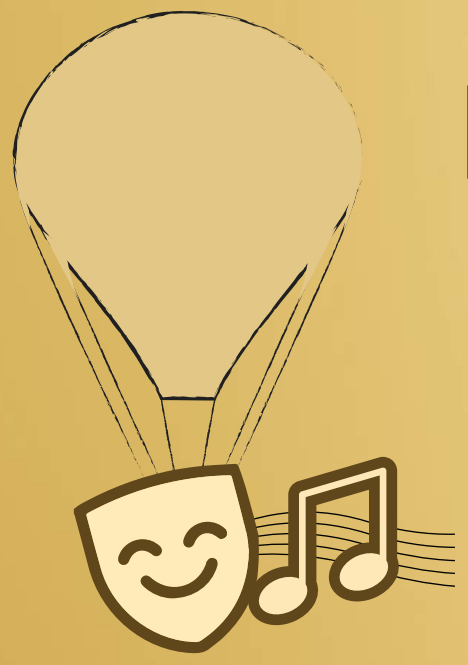
Members:

Kausalya Santhanam-98415 58467

Anjana Sunil-98400 32146

Anita Kapoor-98840 30566

Sheela Sarath-98840 33336



MUSIC AND PERFORMING ARTS

9



**MON | 5 FEB | 10:15 AM
@ E-HOTEL**

VIDHUSHI SHANTI RAO

“

**VEENA MAESTRO-BLENDING THE OLD
WITH THE NEW**

**JYOTHI GANESH
JANSI KISHORE**



Date: Monday, 5th February,

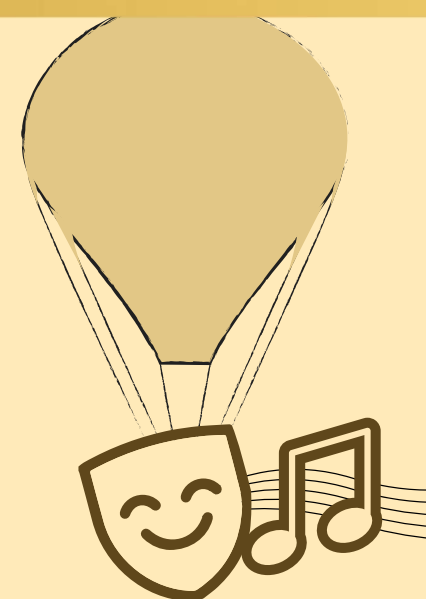
Time: 10:15 a.m

Venue: E-Hotel,

Gate No. 1, Express Avenue Mall,

Pattulos Road,

Chennai 600 002.



VEENA MAESTRO-BLENDING THE OLD WITH THE NEW

Vidhushi Shanti Rao of Bangalore, is a dedicated veena artist both at home and abroad as seen from the numerous eulogistic media reports. Her performances have been praised not only for pure classicism and virtuosity of play but also for aesthetic and captivating rendition of raga, kriti and swara.

Vidhushi Shanti Rao began her long and successful musical voyage at a tender age of twelve. In 1969, on moving to Bombay, she was captivated by the sounds of the veena being played by none other than **veena legend Chitti Babu** who was later to become her guru. "I had never heard the veena being played that way". That turned her from being a passive listener to an avid player. She began studying the veena under the tutelage of Chitti Babu.

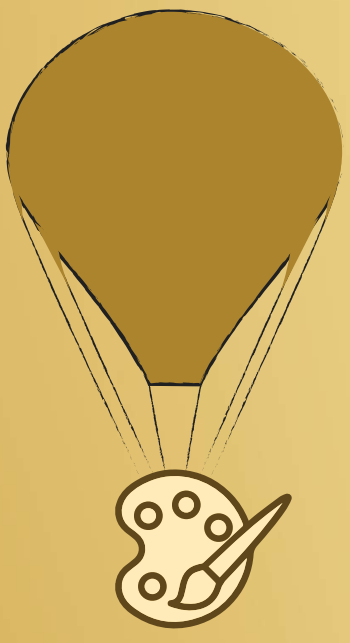
Shanti Rao toured around the world winning the hearts of both Indians abroad and people unfamiliar with Indian classical music and/or the divine instrument. She has become a popular ambassador of her country, having performed at important functions and even having had the privilege of performing before **Queen Elizabeth II**.

Effortlessly blending old with the new and East with the West, she has innovated on the veena's contemporary styles to perform fusion styles. Her innovation- "**the double string veena**", received acknowledgements for its wonderful tonal quality. This vibrant veena player has 7 albums and 2 fusion music albums under her belt.

We are grateful to **Anita Reddi** and **Anjana Sunil** for sponsoring this meeting. We thank **Neena Sanghavi** for being the Day Facilitator.

JYOTHI GANESH

JANSI KISHORE



ARTS AND HANDICRAFTS

11



TUE | 06 FEB | 10:15 A.M
@ HANU REDDY RESIDENCES

VINOD DANIEL

“

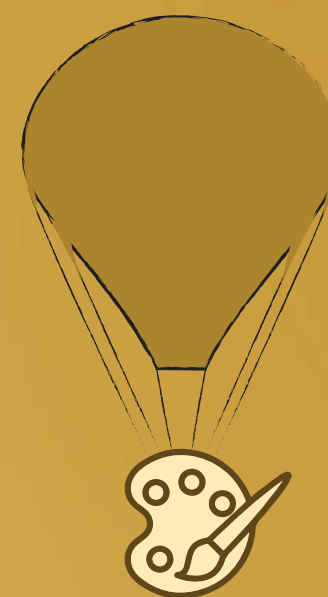
MUSEUMS UNRAVELED

NUSRRET CASSAM
VIRAJ THAKORE



ARTS AND HANDICRAFTS

Date: Tue, 6th February
Time: 10:15 a.m.
Venue: Hanu Reddy Residences,
39/18, Binny Road,
Poes Garden,
Chennai-600 086



MUSEUMS UNRAVELED

Vinod Daniel is an International Museum Expert. He is the Chairman and CEO of the AusHeritage.

Mr. Daniel has led several successful collaborative partnerships with Indian Museums and Institutions since 1996, in addition to working in countries and regions across the world .

He has thirty plus years of experience working with Museums in over fifty countries.

Vinod Daniel will highlight what museums are and do, what is the future of museums, how do museums conserve their collections, how do museums stay relevant .

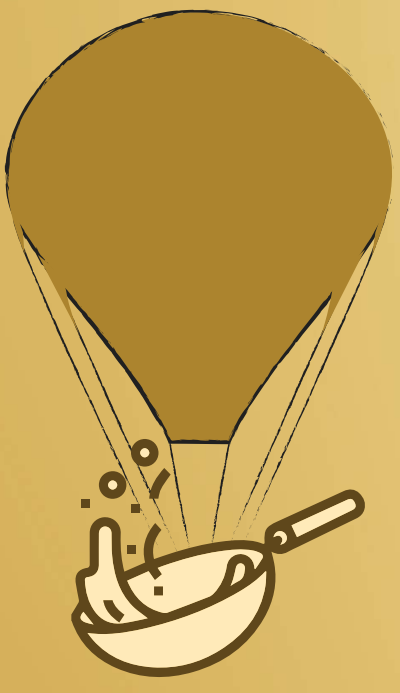
The talk will also compare the Indian museum sector with global counterparts and the positive aspects happening!

Lets enjoy listening to our experienced Speaker **Vinod Daniel!**

We thank **Usha Jawahar** for graciously sponsoring this meeting. We thank **Sujaya Menon** for being our day facilitator.

NUSRRET CASSAM

VIRAJ THAKORE



**THU | 8 FEB | 03:30 P.M
@ VANITHA MUDALIAR'S
RESIDENCE**

SHRUTHI VINOD

“
**FROM BUD TO BITE: CULINARY
DELIGHTS WITH POMELOS AND CLOVES**

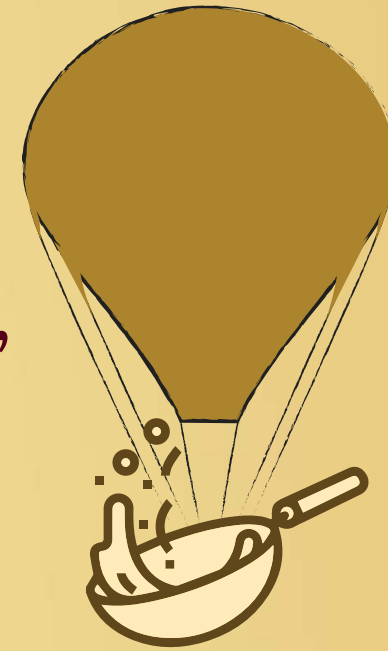
**SHEFALII DADABHOY
ANJALI SACHETI**



Date: Thu, 08th February

Time: 03:30 p.m

Venue: Vanitha Mudaliar's Residence,
"Avanti", 858, Poonamallee High Road,
Kilpauk,
Chennai-600 010.



FROM BUD TO BITE: CULINARY DELIGHTS WITH POMELOS AND CLOVES

Join us for an exciting culinary journey with **Shruthi Vinod**, CEO & Founder of **Spice Hill Farms**, as we focus on two extraordinary ingredients – the vibrant Pomelo and the aromatic clove.

In this session, we'll uncover an easy recipe to a mouthwatering and healthy Pomelo salad. Then, we will then delve into the culinary importance of spices grown organically at Spice Hill Farm in Burliyar ,TN & their partner farms with a special focus on the life cycle of cloves, from bud to the final product.

By the end of our talk, you'll not only have a delicious and nutritious pomelo recipe to try at home but also a newfound appreciation for the journey of clove spices – from tree to your table.

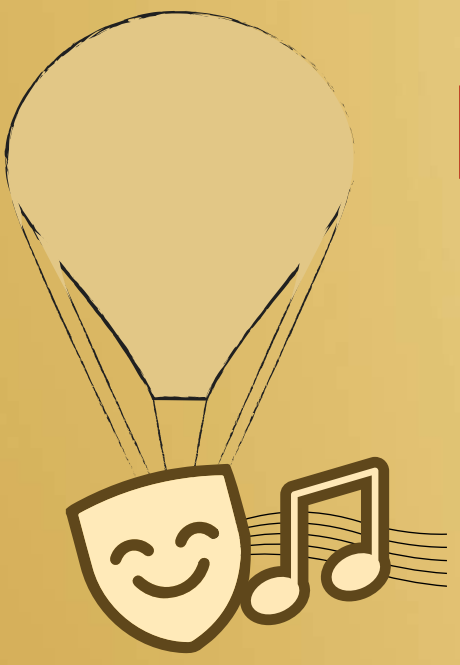
We thank **Vanitha Mudaliar** for graciously hosting this meeting.

We thank **Roshan Poncha** for being the day facilitator.

SHEFALII DADABHOY

ANJALI SACHETI

MUSIC AND PERFORMING ARTS



**TUE | 13 FEB | 10:15 AM
@ E-HOTEL**

RADHA ANJALI

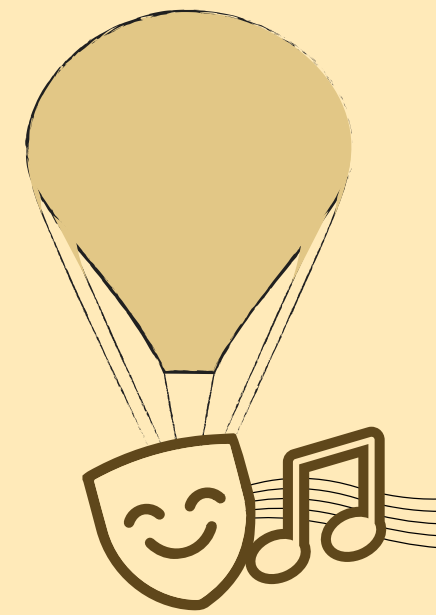
“

AN AUSTRIAN DANCER'S LIFE IN TWO CULTURES.

**JYOTHI GANESH
JANSI KISHORE**



Date : Tue, 13th February
Time: 10:15 a.m
Venue: E-Hotel,
Gate No. 1,
Express Avenue Mall,
Pattulos Road,
Chennai 600 002.



AN AUSTRIAN DANCER'S LIFE IN TWO CULTURES

Radha Anjali's is a life shaped by two cultures. Born **Angela Saber Zaimian**, this Austrian's passion for Bharata Natyam has helped integrate this art form into her life. Many trips to India and years of training with various teachers followed, along with a tough fight for recognition in the Viennese dance scene.

Her multifaceted journey with **Bharata Natyam** has seen her as **President of the Austro-Indian Society**, as well as a lecturer at the Institute for Languages and Cultures of South Asia and Tibet at the University of Vienna and above all as a dancer and teacher.

Radha Anjali is fascinated by the fact that this dance form is still relevant today because it is expressive, powerful and graceful. In addition people's basic feelings like love, hate, sadness or humour have remained the same. That is why she and her Natya Mandir ensemble are able to address current topics like transgender visibility with epics such as "Shikhandi", or climate change with her project "**Vrksha-the Tree**".

Please join us as **Radha Anjali** takes us through her journey and dance repertoires.

We thank **Asha Murthi** and **Ramani Reddy** for sponsoring this meeting.

We are thankful to **Padmavathy Gunashekar** for being the Day Facilitator.

JYOTHI GANESH

JANSI KISHORE



THU | 15 FEB | 10:15 A.M
@ TAMIL NADU MEDICAL SERVICES CORPORATION LIMITED

GOPALKRISHNA GANDHI

“

**OF FIVE WOMEN IN CHENNAI
- AUTONOMY AMID TENSION**

**JAYA MAHBUBANI
ROHINI TUMMALA**



Date: Thu. 15th February

Time: 10:15 a.m

Venue: Tamil Nadu Medical Services Corporation Limited,
417, Pantheon Road,
Egmore,
Chennai-600 008.
(Opp Ashoka Hotel)

OF FIVE WOMEN IN CHENNAI - AUTONOMY AMID TENSION

Like other cities in India, Chennai, formerly Madras, has known men to predominate women in its life-rhythms. However, several women living in it have yet shown a light un-dimmed, their statures out-shining the status occupied by “their’ and other men. This talk will discuss this phenomenon with five examples, four of them being known and one, ‘unknown’ yet quintessential.

Gopalkrishna Gandhi is Distinguished Professor of History at Ashoka University, Sonapat, Haryana.

His working career has been in public administration, diplomacy, and the exercise of constitutional responsibility.

His published works include a novel, a play, translations of books and verse.

We thank **Kausalya Santhanam** for helping us organise this meeting.

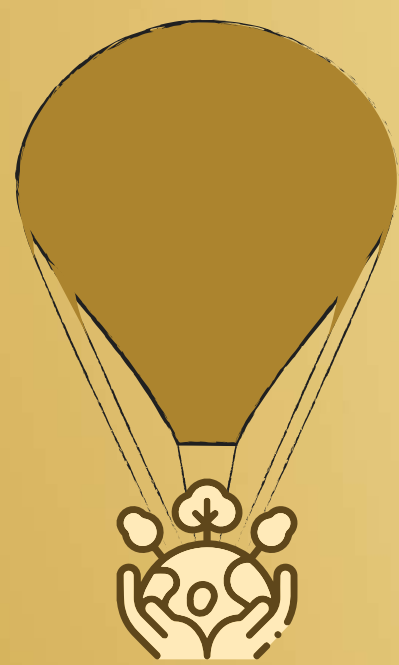
The meeting begins at 10:45 a.m.

We request everyone to be in their seats by 10:30 a.m.

JAYA MAHBUBANI

ROHINI TUMMALA

HEALTH AND ECOLOGY



**TUE | 20 FEB | 10:15 A.M
@ E-HOTEL**

SUPRAJA DHARINI

“

**TURTLE TALK-A VOICE
FOR THE VOICELESS**

**RINKU MECHERI
NALINI PANDAY**



Date: Tue, 20th February,

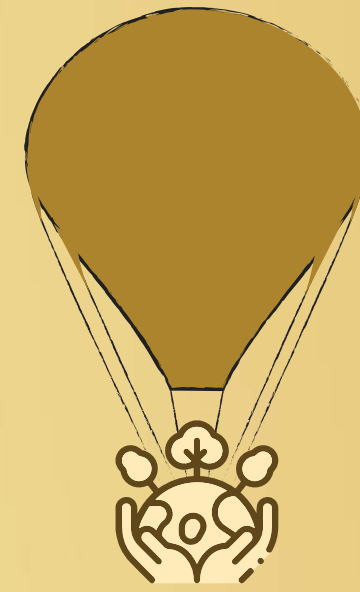
Time: 10:15 a.m

Venue: E-Hotel,

Gate No.1, Express Avenue Mall,

Pattulos Road,

Chennai 600 002.



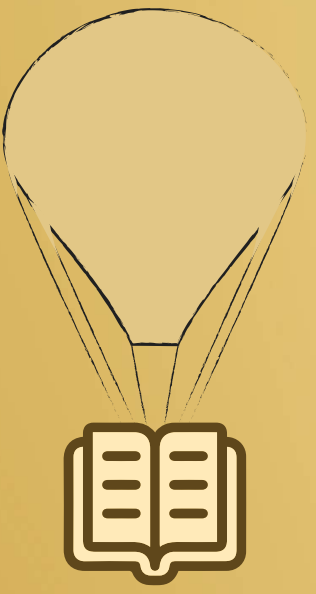
TURTLE TALK - A VOICE FOR THE VOICELESS

Our speaker **Dr. Supraja Dharini** has worked relentlessly to create awareness for the cause of protecting thousands of nesting turtles along east coast beaches and ensured the survival and safe release of almost two and a half million baby sea turtles or 'hatchlings' into the sea, by involving the local fishing communities along Tamil Nadu, Andhra Pradesh and southern Odisha coast. She is their spokesperson and will share snippets of the incredible work that her organisation, **TREE Foundation**, does for the conservation of sea turtles and protection of endangered marine life along our coast.

Supraja Dharini, inspired by **Dr. Jane Goodall**, founded the **TREE Foundation** in 2002, to conserve olive ridley sea turtles along the Indian east coast. Over the past 21 years, she has adopted a multi-disciplinary approach to this initiative by involving unemployed youth from fishing communities. Through the Sea Turtle Protection Force (STPF), she has protected thousands of nests, releasing over 36 million hatchlings. STPF members educate fishing communities on conservation, ghost net retrieval, and pollution reduction, reaching 200,000 community members. TREE Foundation has created awareness among 3,00,000 students and 4,000 officials. **Supraja** gained support for Turtle Excluder Devices from 2,000 trawl fishermen. She received the **Explorers Club 50/50 membership award** in 2020. She has presented at international conferences and published peer-reviewed papers on sea turtle conservation.

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

BOOK DISCUSSION



**THU | 22 FEB | 10:15 A.M
@ SHEETAL PARAKH'S
RESIDENCE**

IWA MEMBERS

“

WHEN VERSES UNITE HEARTS

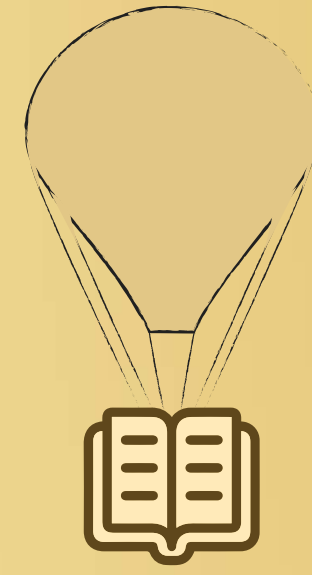
**RAJSHRI SUNDRANI
SUSHI GOKLANEY**



Date: Thu 22nd, February

Time: 10:15 a.m

Venue: Sheetal Parakh's Residence,
No.6, Tarapore Avenue,
Harrington Road,
Chetpet,
Chennai-600 031.



WHEN VERSES UNITE HEARTS

In the realm of language,
Let us gather 'round,
Where poetry weaves its magic profound.
With emotions distilled and feelings laid bare,
Poetry mirrors our souls, a reflection so rare.
Whether a seasoned reader or just starting the climb,
Share your own creations or cherished lines.
Bring forth your favourites from languages diverse,
Let us in the beauty of words, immerse.

We thank our kind sponsor **Sheetal Parakh** for opening the doors of her home to our members and guests.
We thank **Parvathi Nayar** for being the day facilitator.

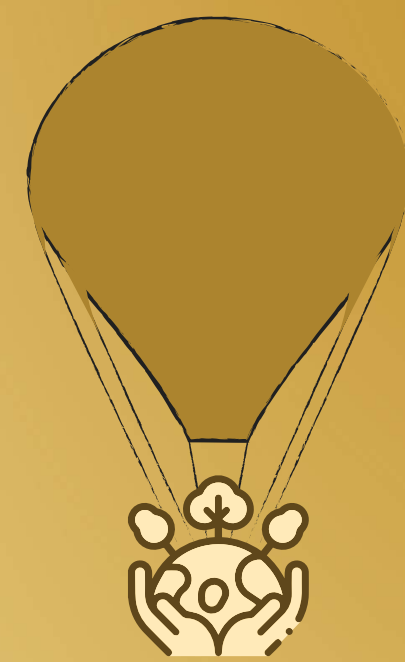
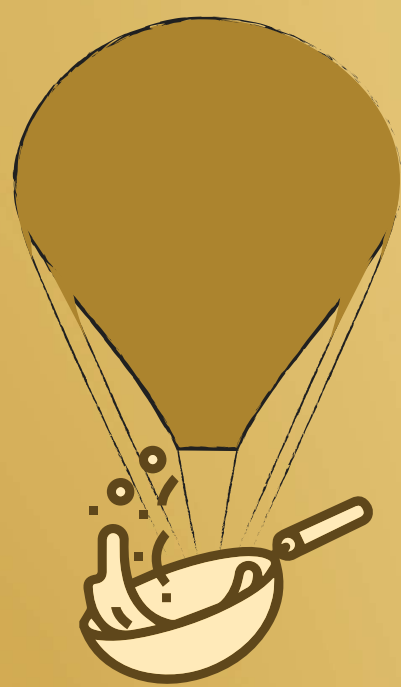
This is a warn in meeting, kindly warn in by whatsapp message to Rajshri @ **88702 77779** / Sushi @ **98401 04822**

RAJSHRI SUNDRANI

SUSHI GOKLANEY

COOKING SWAPSHOP & HEALTH AND ECOLOGY

23



TUE | 27 FEB | 10:15 A.M
@ AESEO KOREAN
RESTAURANT

THE CHI OF KIMCHI

“

SANG HYEON CHO

SHEFALII DADABHOY
ANJALI SACHETI

RINKU MECHERI
NALINI PANDAY

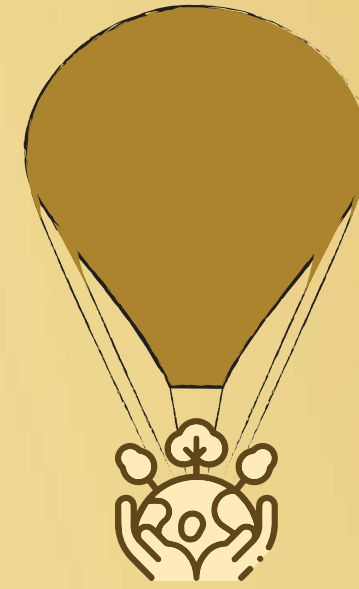
COOKING SWAPSHOP & HEALTH AND ECOLOGY

24

Date: Tue, 27th February

Time: 10.15 a.m

Venue: Aeseo Korean Restaurant,
Downing Apartment, 15, East Avenue,
Kesavaperumalpuram, Gandhi Nagar,
Raja Annamalai Puram,
Chennai-600028.



THE CHI OF KIMCHI

Kimchi, the humble yet flavour packed pickled Napa cabbage, has long been providing super food benefits to its consumers. By virtue of being fermented, it contains wholesome probiotics which help maintain a healthy biome for good gut health and digestion. There are many potential benefits attributed to Kimchi such as its ability to regulate cholesterol, to boost immunity, to aid in weight loss, and it may also possess anti-aging properties.

In Chennai, we have the largest expat community of Koreans in India. It might be safe to say that we have access to the best kimchi in the country!

Mr. Sang Hyeon Cho, the owner and chef of Maljukgeori (Sriperumbudur) and Aeseo (R.A. Puram) has been integral (along with Korean tv shows and movies) in popularizing **Korean cuisine** in Chennai. Please join us as he guides us through the process of making kimchi in our own homes.

Please Note: This is a warn in meeting for 30 members.

To warn in send a WhatsApp message to **Shefalii Dadabhoy @ 97898 89955**.

Members attending this meeting are requested to bring their own apron and cap.

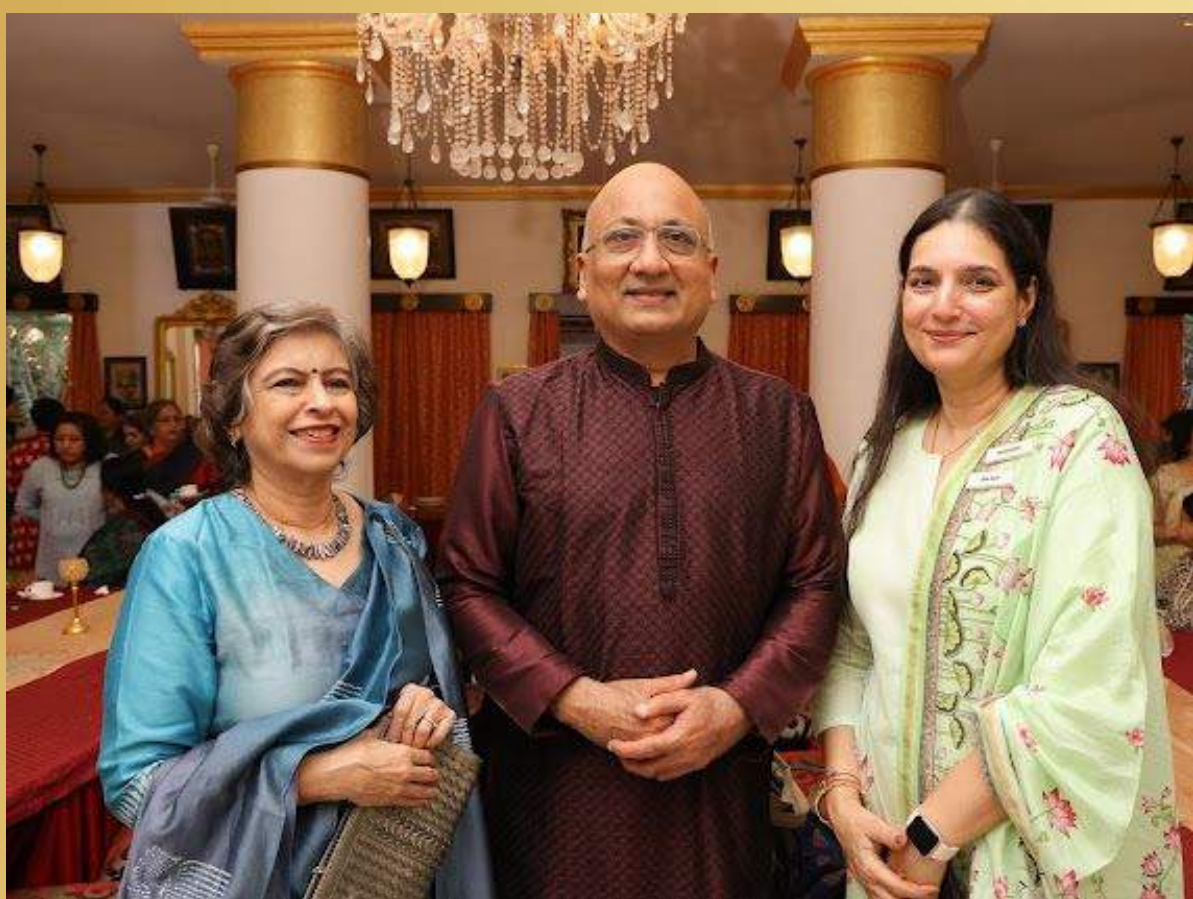
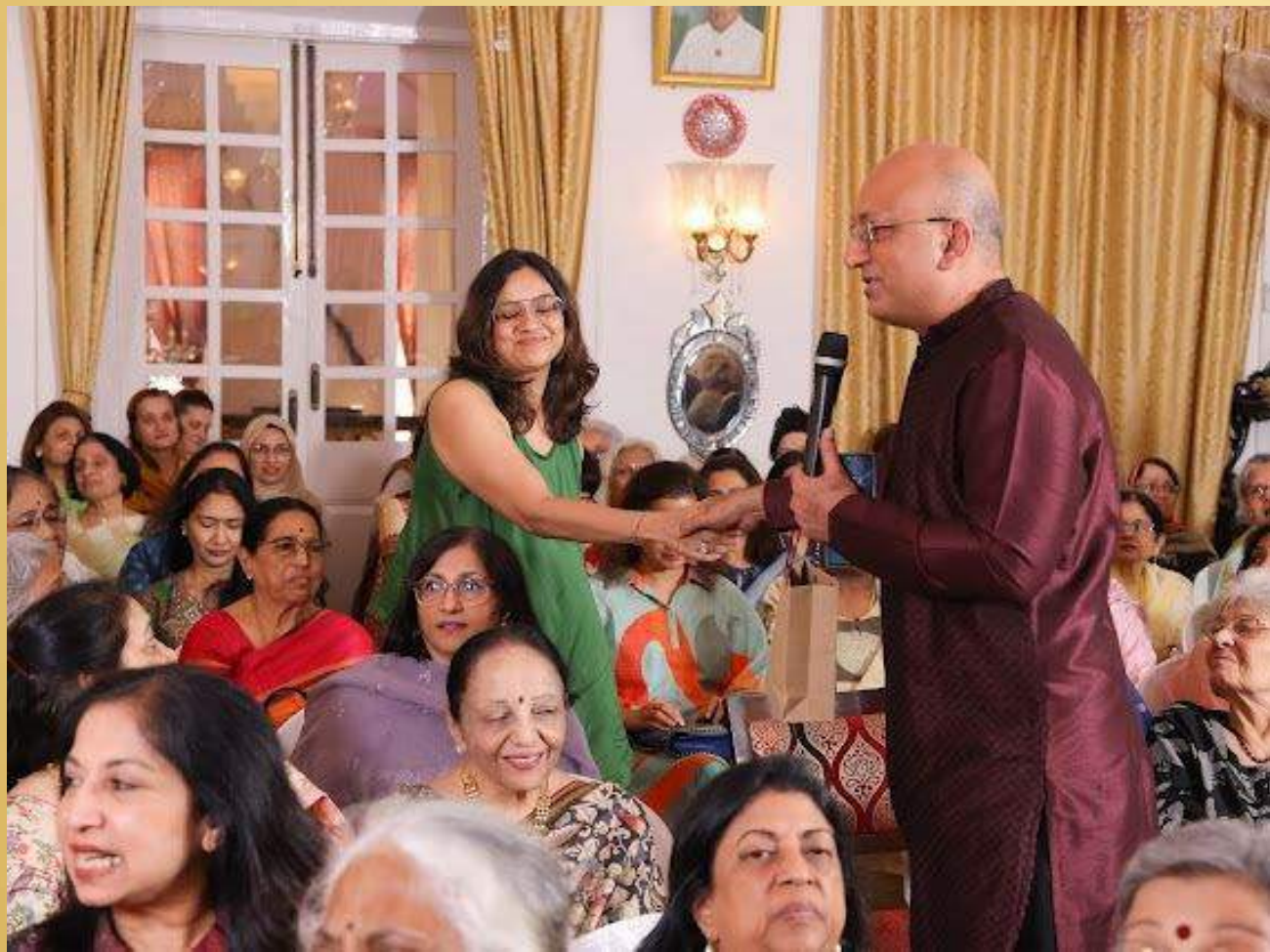
SHEFALII DADABHOY
RINKU MECHERI

ANJALI SACHETI
NALINI PANDAY

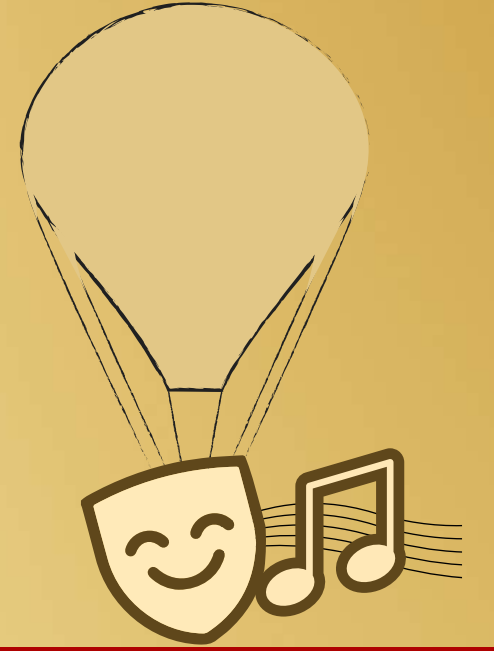
WELCOME BACK- A GLIMPSE







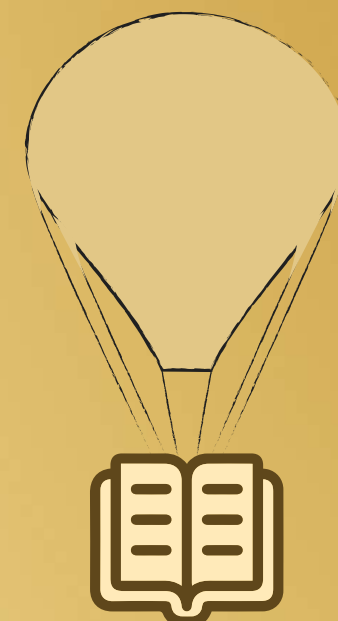
“BOSSA NOVA-THE AMAZING BRAZILIAN JAZZ BEAT”- RAVI RAJAGOPALAN



MUSIC & PERFORMING ARTS



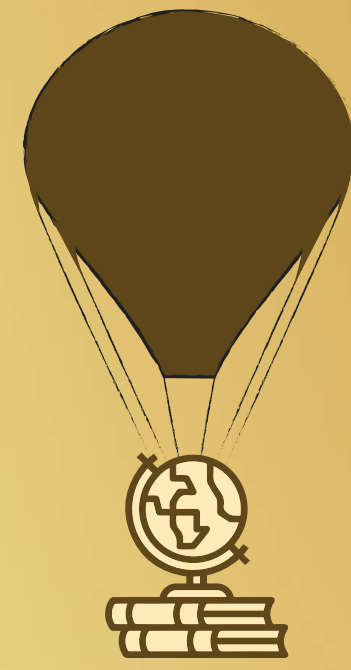
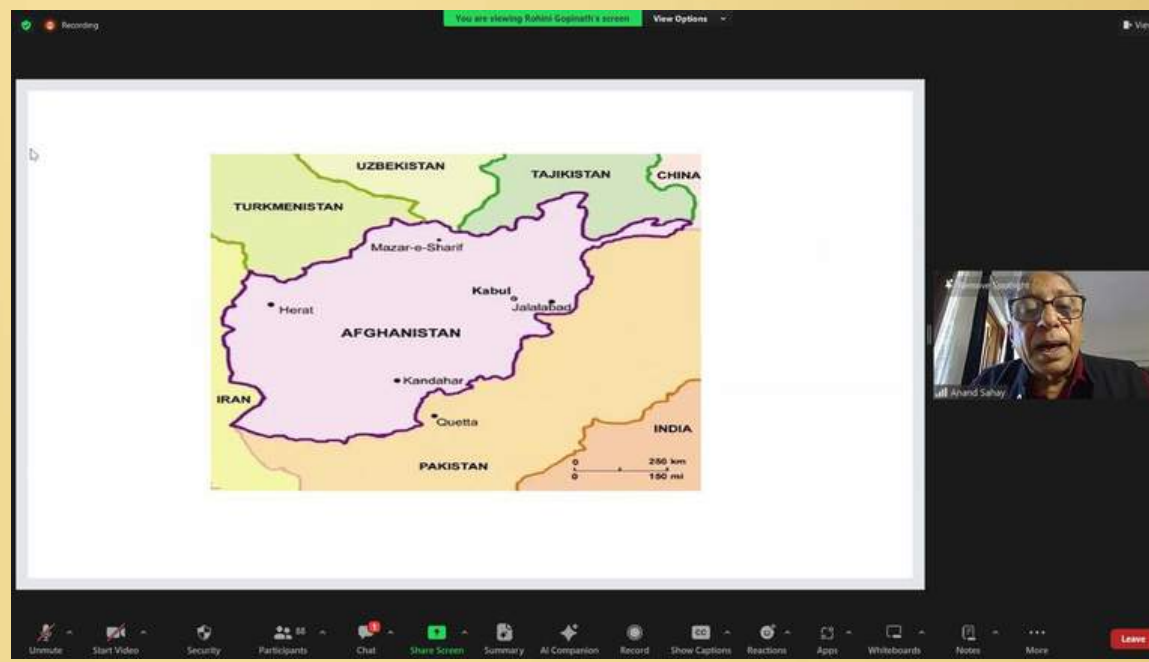
“MEET THE PRODIGIES: A FUSION OF WORDS, COLOURS AND PATTERNS”-SAMARA PARAKH & SAI AKHIL ANAND



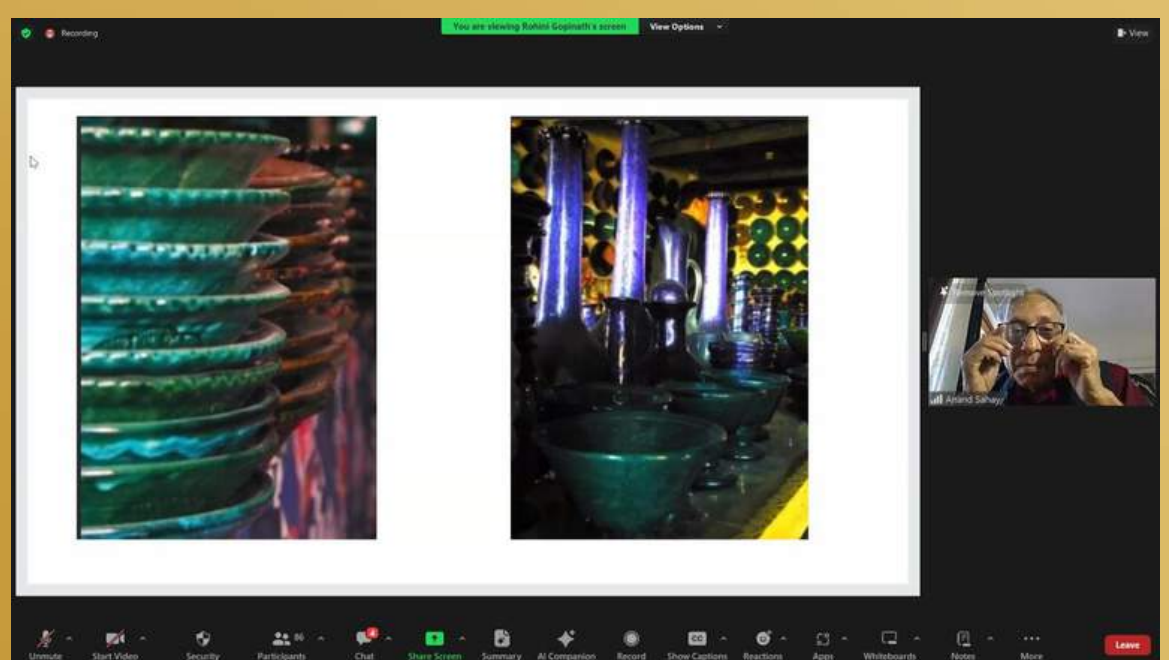
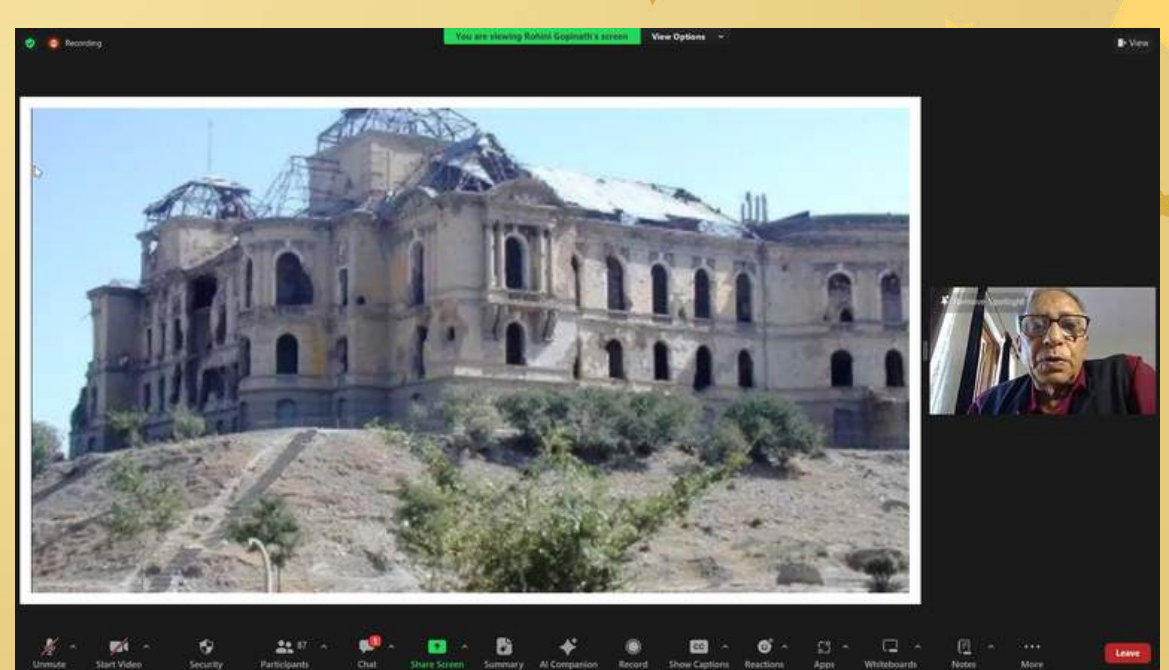
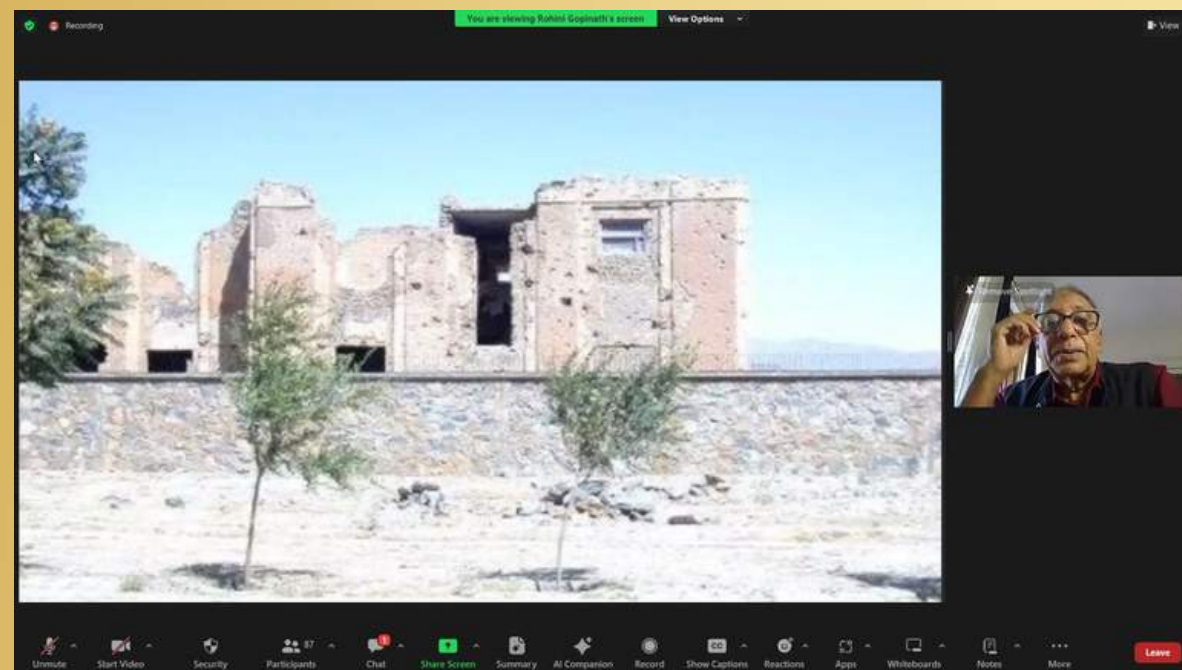
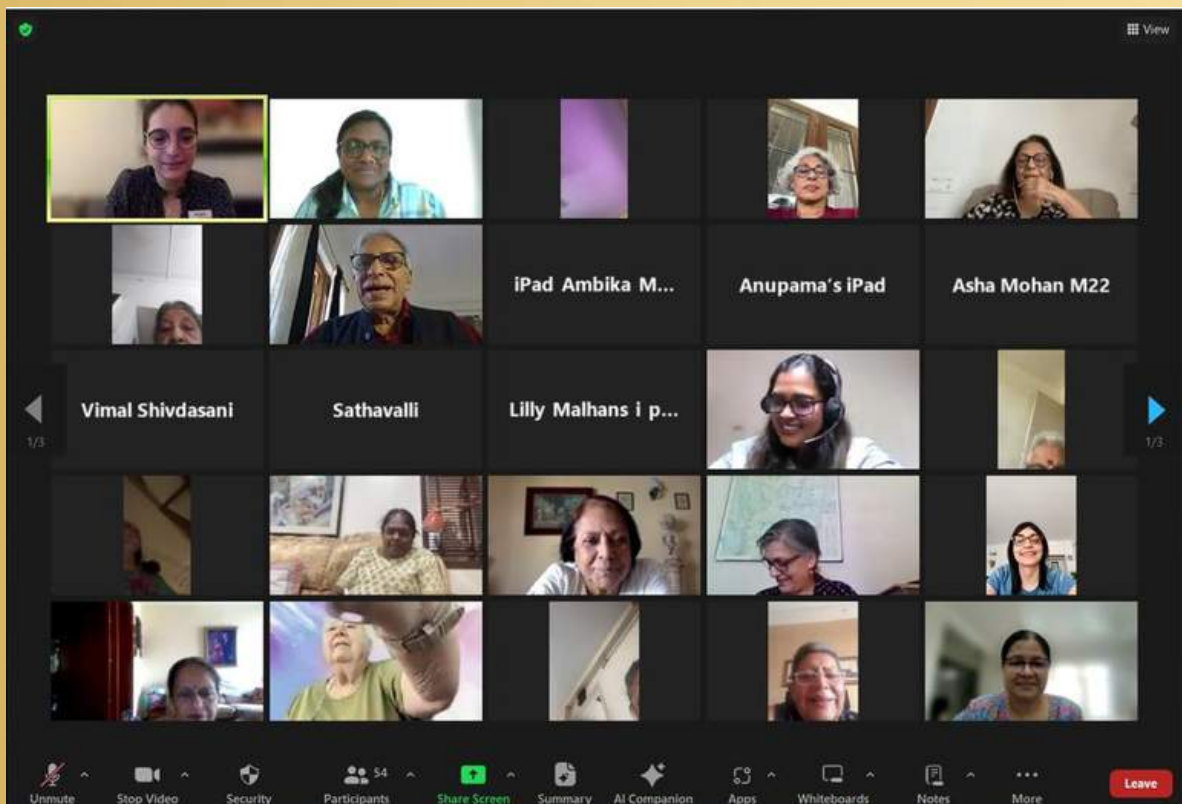
BOOK DISCUSSION



“AFGHANISTAN THROUGH THE LENSE OF A VETERAN JOURNALIST”- ANAND K SAHAY

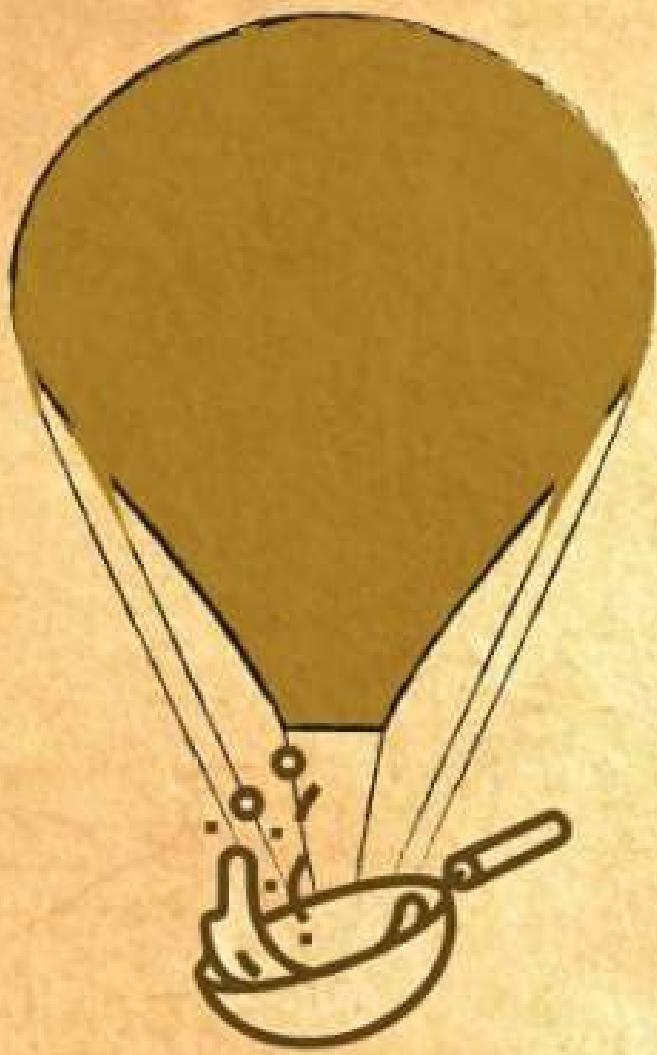
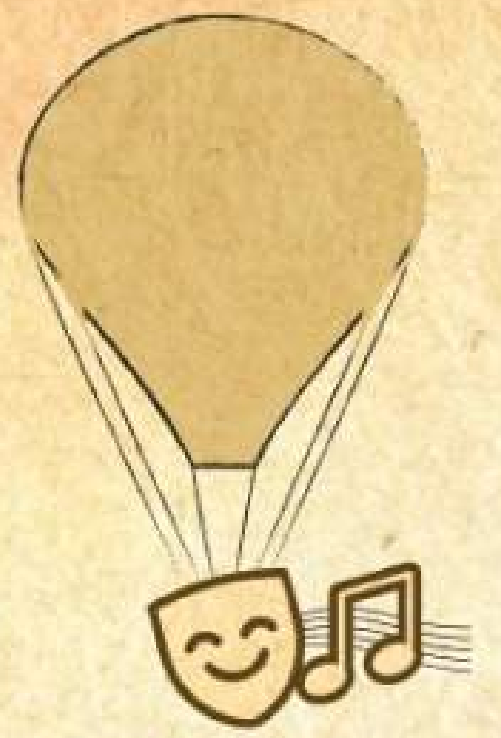
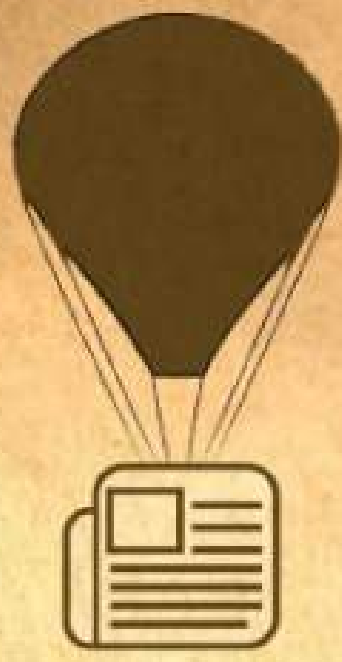


HISTORY, CULTURE & TOURS



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	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	Achamma 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



The Golden Our

