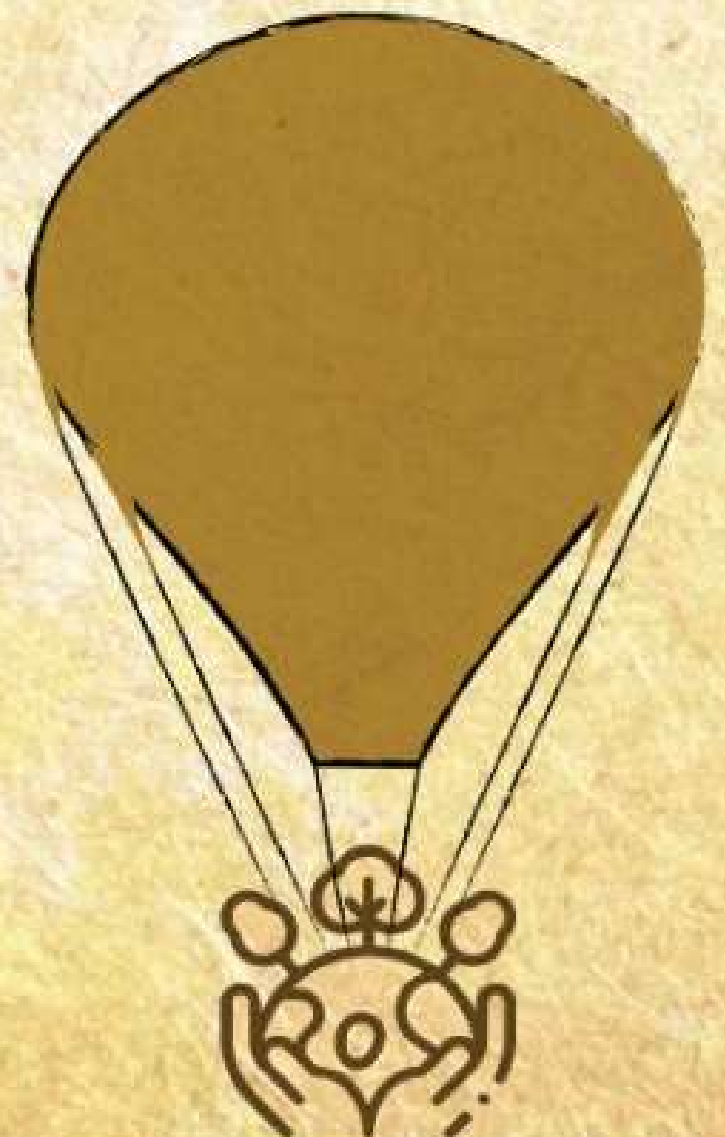
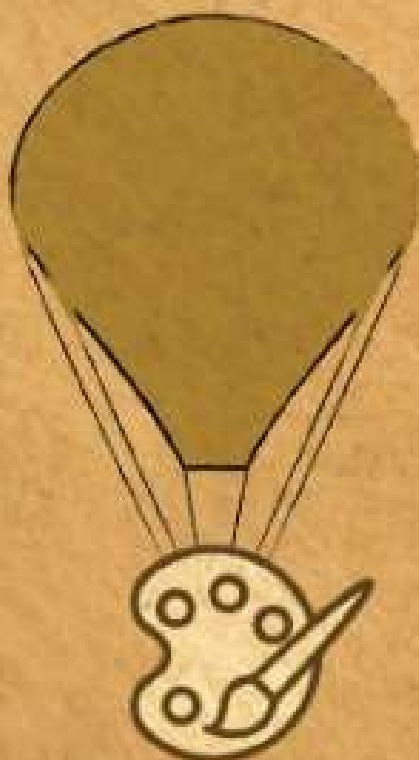
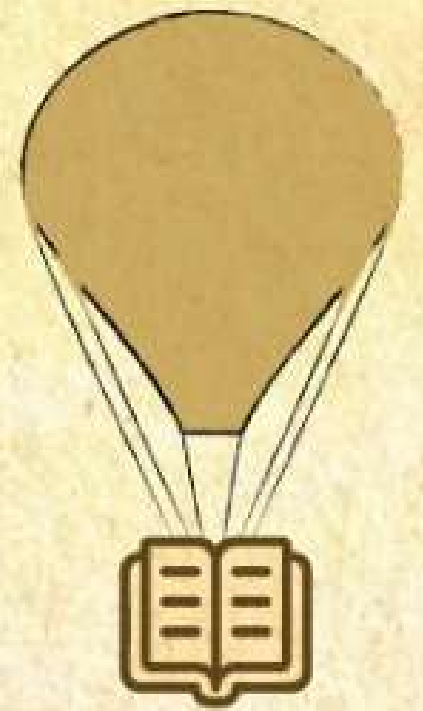
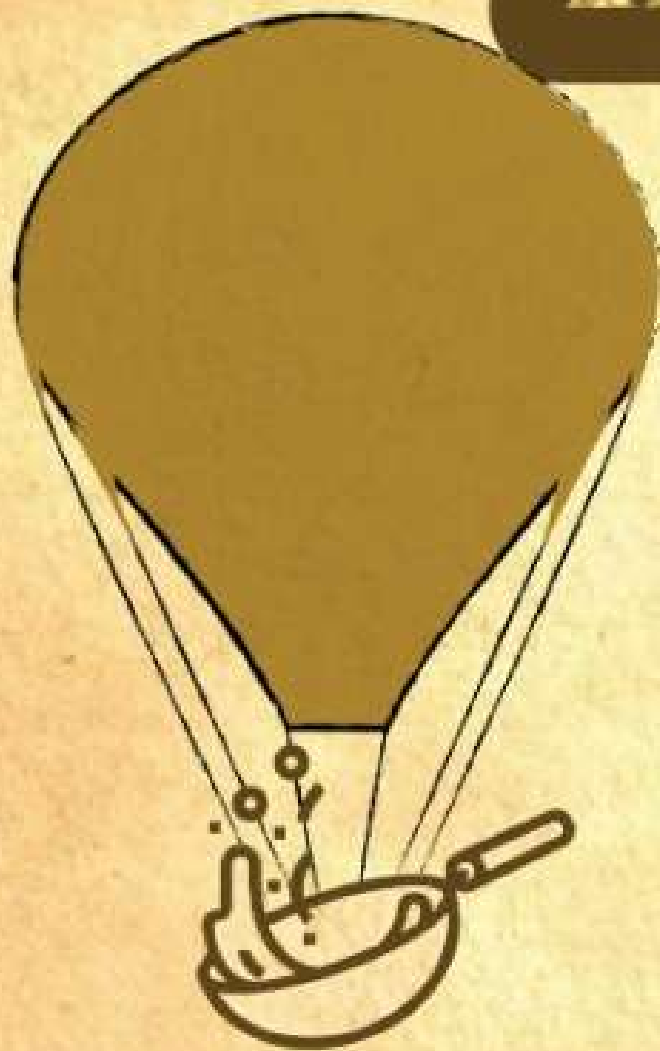
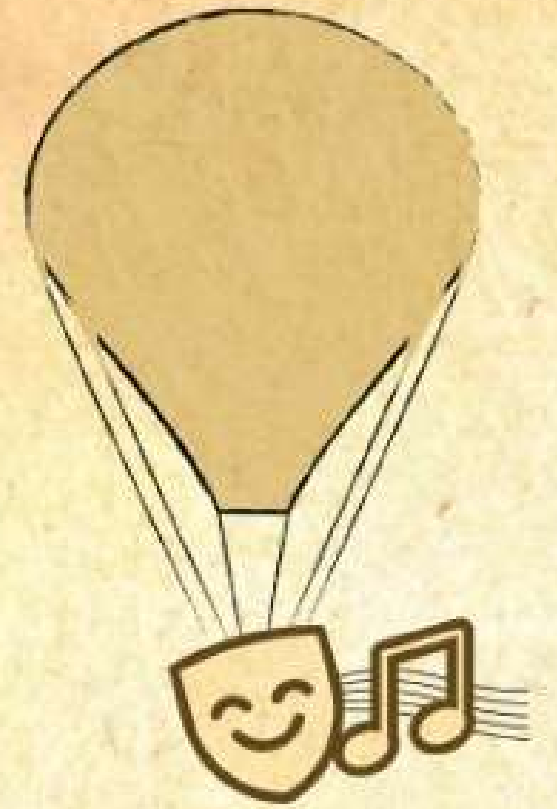




Around the World in 8 Ways



July 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 |

JULY AT A GLANCE



3rd

**Mon 10.15 a.m. Arts & Handicrafts
@ The Folly**
2.30 p.m Managing committee
**3.30 p.m Executive Committee
@ Zoom**

BOARD EVENT

5th

**Wed 10.30 a.m. Jashn-e-Eid
@ Amir Mahal**

7th

**Fri 10.15 a.m. Book Discussion
@ Somna Sachdev's
Residence**

11th

**Tue 10.15 a.m. Cooking Swapshop
@ Sage and Lavender**

13th

**Thu 10.15 a.m. Current Events
@ Hanu Reddy**

18th

**Tue 3.30 p.m. Health & Ecology
@ Zoom**

BOARD EVENT

25th

**Tue 10.15 a.m. Founders' Day
@ Crowne Plaza**

27th

**Thu 3.30 p.m. Philosophy & Religion
@ E-Hotel**



FROM THE PRESIDENTS

Dear Friends,

We were delighted to see so many of you at the Fellowship Morning meeting. It was a happy start to the year and the morning's activity was one of revelation- there were so many "Stories Within!!" The Ballroom was bathed in hues of gold! Thank you for keeping our chosen colour in mind.

For our rock solid foundation we are indebted to our Founding Members and Past Presidents. **Founders' Day** is one of the main meetings in the IWA calendar year. Felicitating our Founding Members and Past Presidents is an integral part of this special day. Keeping all of this in mind we are celebrating this special day in a very extra special way.

We hope to see as many of you as possible on the 25th of July. We are celebrating **Eid** on the 5th of July. This occasion brings us together once again to share our love, strengthen our bonds of friendship and remind us to give praise for all our graces and bounties. For this we thank our gracious hostesses.

The **Music Committee** is already hard at work and we know that they will showcase a gifted performer for the International Music Day. We wish them all the best in their endeavours.

We also thank members who have contacted us with ideas for the coming year and for those who have ideas and have not yet contacted us please do not hesitate to do so.

RITU SAHI

SANYUKTA GILL

INTERNATIONAL MUSIC DAY

International Music Day, which this year is being celebrated on 3rd October is also the day when we remember and honour our **Founder Nirmal Seshadri** and her love for music. Towards this her family has set up an endowment fund and each year a committee is formed for the specific purpose of recognising a young and talented musician.

The Music Committee for the year 2023-2024 comprises the following members:

Chairperson: Nina Kothari

Member: Javanthi Singaram

Member: Rathi Nilakantan

Member: Hemu Ramaiah

Member: Padmavathy Gunashekar

The selected candidate should preferably be under 18 years of age and should have certifications, awards and citations to his/her credit. Members can send in their suggestions and recommended prospective candidates by email to **Nina Kothari** (ninabkothari@gmail.com) by July 31st, 2023 supported by appropriate write-ups.

RITU SAHI

SANYUKTA GILL

HEARTFELT CONDOLENCES



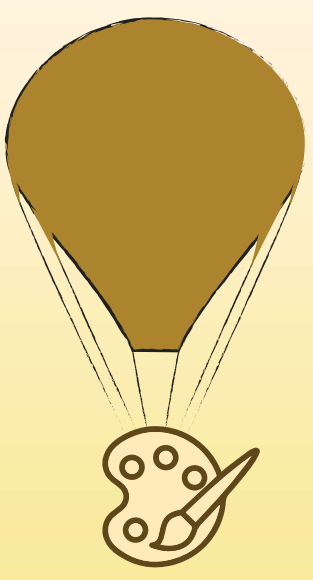
Deepest condolences

To **Naina Shah** on the sad
demise of her father.

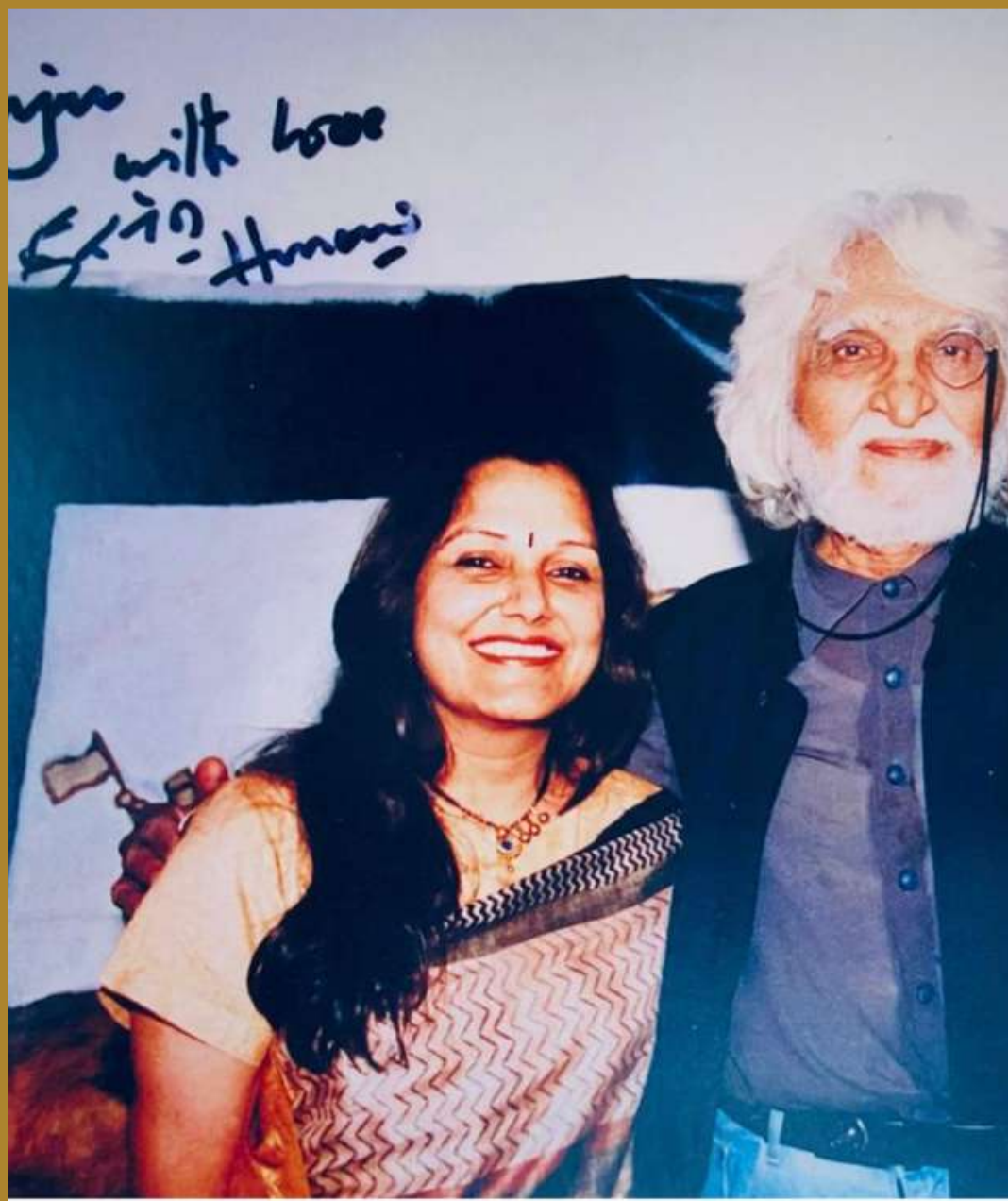
To **Renuka Sabanayagam** on the
sad demise of her father in law.

To **Banu Singh** on the sad
demise of her mother





ARTS AND HANDICRAFTS



M.F. Husain



**MON | 03 JULY | 10.15 AM
@THE FOLLY, AMETHYST**

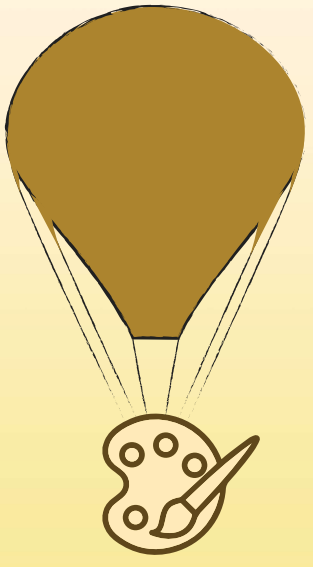
ANJU PODDAR

“
ART HELPED TURNING 70
MORE MEANINGFUL

**NUSRRET CASSAM
VIRAJ THAKORE**



ARTS AND HANDICRAFTS



Date: Mon, 3rd July

Time: 10.15 a.m

Venue: The Folly, Amethyst,
239, Whites Road
Royapettah,
Chennai-600 014

THE ART OF TURNING 70 !

Anju Poddar, Director, Crafts Museum of India, is an Art Aficionado, an Author and Speaker at many Museums and Art Shows.

She has been deeply inspired by famous Artists like M.F.Husain, Laxma Goud, Jagdish Mittal and Vaikuntam.

She will talk to us about Bidri and Filigree which are significant old handicrafts form the states of Andhra Pradesh and Telangana.

She will throw light on how her passion for Art helped ...'turning 70'...more meaningful!

We thank **Indira Srinagesh** for being the day facilitator.

NUSRRET CASSAM

VIRAJ THAKORE



JASHN-E-EID

**AS WE CELEBRATE EID LET'S REMEMBER
THE IMPORTANCE OF LOVE, PEACE AND
HARMONY.**



**WED | 5TH JULY | 10.30 AM
@ AMIR MAHAL**

RITU SAHI

SANYUKTA GILL

THE MANAGEMENT AND EXECUTIVE COMMITTEES



Date: Wed, 5th July 2023

Time: Fellowship: 10:30 a.m

Qawwali: 11:00 a.m

Lunch: 12:00 p.m

Venue: 'Amir Mahal',

257 Bharathi Salai,

Royapettah ,

Chennai - 600 014.



JASHN-E-EID

Eid-ul-Adha is a major Islamic festival celebrated in Dul-Hijja, the last month of Islamic calendar. It is followed from the times of Prophet Abraham.

In this blessed month the annual pilgrimage called Hajj is performed and Eid is celebrated on the tenth day after culmination of Hajj rituals.

It is a day of thanks giving and celebration and we invite you all to a morning of '**Jashn-e-Eid**'.

Soulful Qawwali and delectable food will find its way to your hearts.

We are thankful to all the hostesses

Zubeida Asgarali

Nabila Avais

Nusrret Cassam

Rehane Yavar Dhala

Zainab Kachwalla

Thayabae Kakar

Raheela Kareem

Bela M Khaleeli

Badrunnisa Mahadevan

Farida Majid

Bilkis Moosa

Sharmilee Nielsen

Fazeela Nurdeen

Mahvash Sait

Seema Sait

Fharzana Siraj

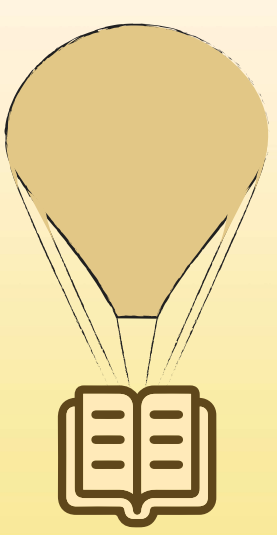
Naaz Tyebbhoy

Sadiya Khaleel

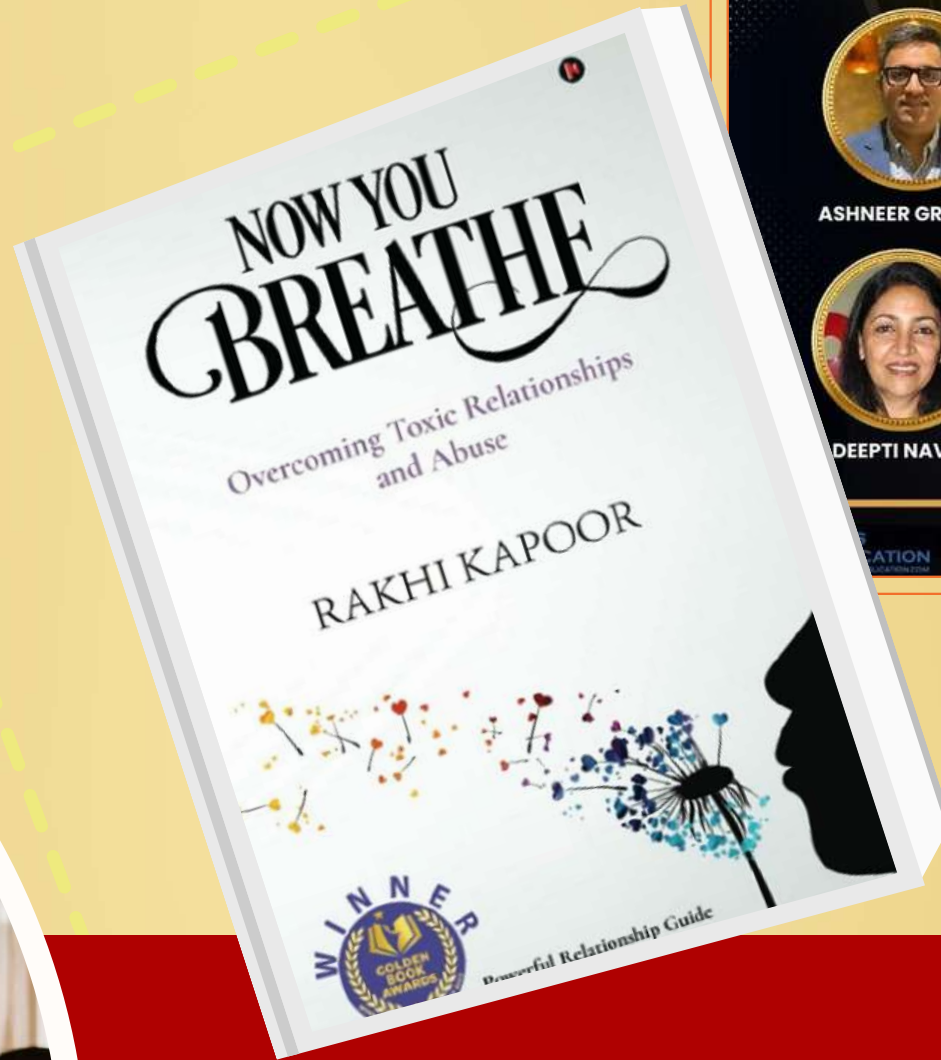
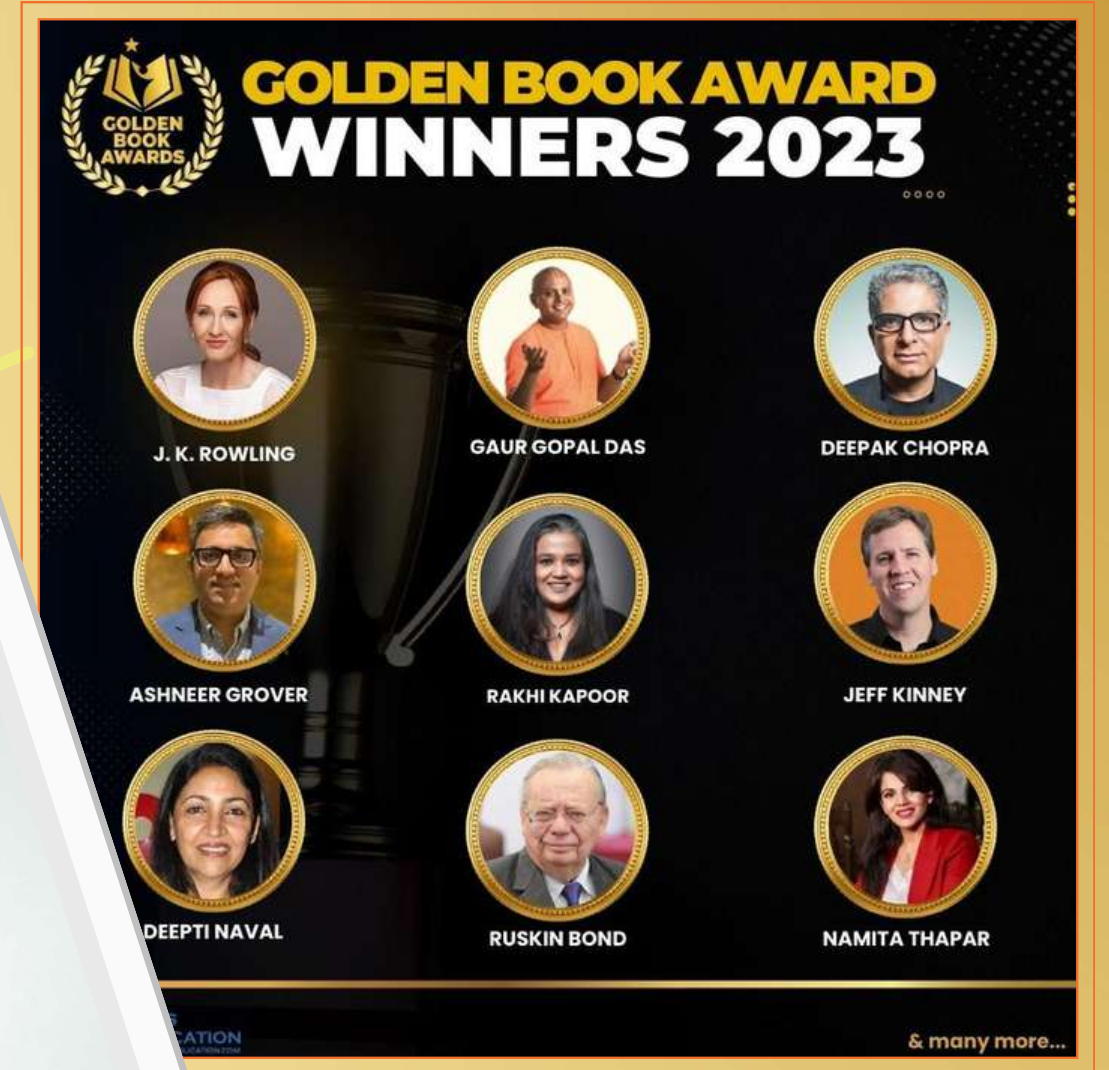
RITU SAHI

SANYUKTA GILL

THIS IS A MEMBERS ONLY MEETING



BOOK DISCUSSION



FRI | 7 JULY | 10.15 AM
@ SOMNA SACHDEV'S
RESIDENCE

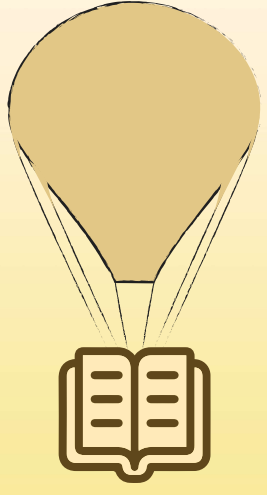
RAKHI KAPOOR

“
TOXIC RELATIONSHIPS- THE WHITE ELEPHANT IN THE ROOM

RAJSHRI SUNDRANI
SUSHI GOKLANEY



BOOK DISCUSSION



Date: Fri, 7th July,

Time: 10:15 a.m

Venue: Somna Sachdev's Residence,
No. 20, 4th Lane,
Nungambakkam High Road,
Chennai 600 034.
Same lane as MOP Vaishnav College
Valet parking available

HAVE YOU SET YOUR BOUNDARIES?

Have you ever felt disrespected, isolated or lonely in a relationship – professional or personal?

Do you feel suffocated around some people? Have you often felt manipulated?

Have you felt that you always give more than you receive and it's a pattern?

Do you lose sleep over why people you love the most, even hurt you the most?

Do you feel constantly misunderstood, which lead to conflicts??

Then you need to ask yourself just this one simple question - HAVE YOU SET YOUR BOUNDARIES ?

Mental wellbeing is as vital as physical health for an individual to lead a fulfilling and productive life. It impacts our ability to cope with stress, make decisions and maintain relationships.

Just as we exercise our body to remain physically fit, we need to constantly stay mentally stimulated and emotionally calm to lead a harmonious life.

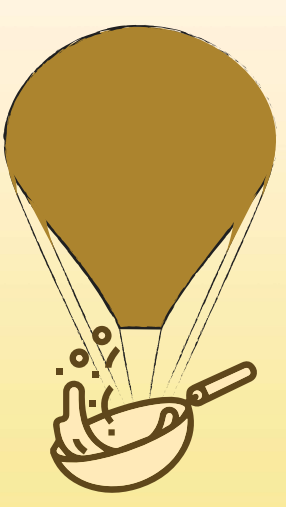
Rakhi Kapoor, a celebrated author of several books also touches upon this topic in her latest award winning book “Now You Breathe – Overcoming Toxic Relationships and Abuse” and has won the prestigious **Golden Book Awards 2023** for the best book in the category- powerful relationship guide.

She will tell us how to identify toxic behaviour and what we can do to protect our emotional health when we are faced with such situations.

We thank **Geeta Rajagopalan** for being the day facilitator and our kind sponsor **Somna Sachdev** for opening the doors of her home to our members and guests.

RAJSHRI SUNDRANI

SUSHI GOKLANEY



COOKING SWAPSHOP



**TUE | 11 JULY | 10.15 AM
@ SAGE AND LAVENDER**

AHLU MIDAG

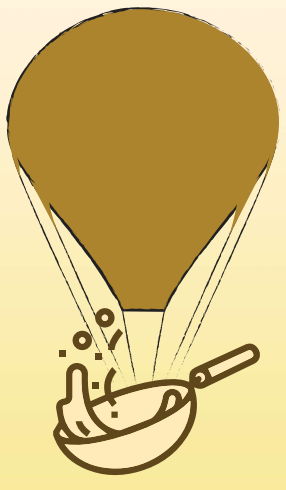
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**HEMP-A PANACAE FOR
INDIAN CULINARY**

**SHEFALII DADABHOY
ANJALI SACHETI**



COOKING SWAPSHOP



Date: Tue, 11th July

Time: 10.15 a.m

Venue: Sage and Lavender

279, TTK Road

Alwarpet,

Chennai-600 018

HARNESSING THE POWER OF HEMP IN FOOD

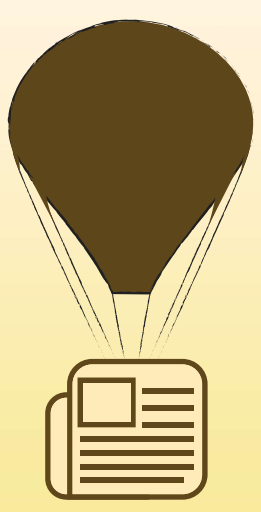
Ahlu Midag is the co-founder of **INDICANNACO** (Indian Cannabis Company) with the brand **INDUS HEMP**.

Ahlu has worked as a VP at Oracle Corporation for 30 years and retired from corporate life in 2022. She then joined her son Uttkarsh to work on Hemp which is a plant based, rich source of nutrients. She is very passionate about educating and advocating Hemp as the panacea for the Indian Culinary. With its nutty flavour, this nutrient dense ingredient is being adapted as an emerging game changer in the food and beverage (F&B) innovations and inculinary creations

We'd like to thank **Priya Gopalen** for being our day facilitator.

SHEFALII DADABHOY

ANJALI SACHETI



CURRENT EVENTS



**THU | 13 JULY | 10.15 AM
@ HANU REDDY**

NARAYAN LAKSHMAN

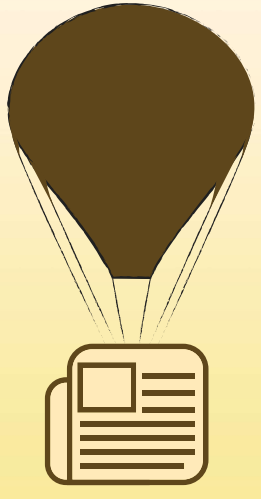
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**INDIA AND THE GLOBAL
POWERS**

**REKHA RANGARAJ
SUKHEE LEE**



CURRENT EVENTS



Date: Thu, 13th July

Time: 10.15 a.m

Venue: Hanu Reddy Residences

39/18, Binny Road

Poes Garden.

Chennai -600 086

INDIA AND THE NEW WORLD ORDER

Dr.Narayan Lakshman is a Senior Associate Editor at The Hindu. As a member of the editorial management of the newspaper

Dr. Lakshman manages its opinion pages, writes editorial and opinion articles, and has curated special editorial projects including article series on India's water and healthcare crises and investigative features.

While the world was shaken by two key events –Brexit and the U.S. presidential election victory of Donald Trump – in 2016, the deep structural changes that those events heralded had been taking place gradually over recent decades.

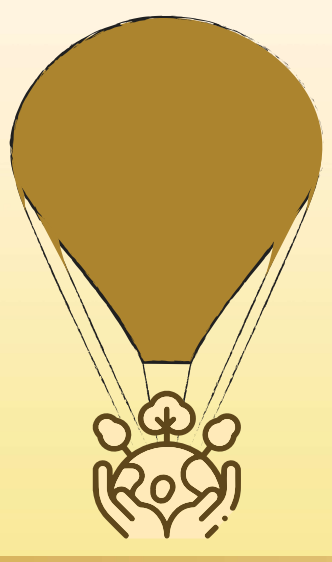
Amidst the flux and chaos that these changes engendered, India has had to move adroitly to find its rightful place in the pantheon of global powers and ensure that its voice was relevant and respected, in a variety of contexts. In this discussion Dr. Narayan Lakshman, will outline the key characteristics of these major tectonic shifts in global power and culture, and explore critical questions looking to its strategic future, including the following:-

1. What is the New World Order that has emerged over the past decade?
2. What are the contradictions inherent within the Order?
3. What has been the balancing act that India has played historically as a global power?
4. What are the key challenges, external and internal, that India will have to navigate?

We thank **Vidya Singh** for being our day facilitator.

REKHA RANGARAJ

SUKHEE LEE



HEALTH AND ECOLOGY



**TUE | 18 JULY | 3.30 PM
@ ZOOM**

MANVI LOHIA

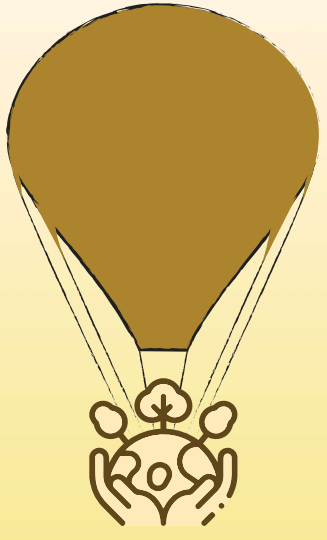
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**NOURISH YOUR BODY, MIND AND SOUL
WITH NUTRIENT-DENSE FOODS**

**RINKU MECHERI
NALINI PANDAY**



HEALTH AND ECOLOGY



Date: Tue, 18th July

Time: 3:30 p.m

Venue: Virtual Meet on Zoom

MINDFUL NUTRITION FOR TRANSFORMATIVE CHANGE

Are you ready to unlock the secrets of mindful nutrition and discover the profound impact it can have on women's health? Our accomplished speaker **Manvi Lohia** will **empower you to make positive, transformative changes** in your well-being.

Manvi Lohia is a registered dietician with a Master's in Public Health Epidemiology and Biostatistics for diabetes and genetics. She has also trained healthcare workers in South Africa for Covid 19 protocol & safety techniques.

Don't miss this opportunity to learn how to nourish your body, mind, and soul with nutrient-dense foods and embrace mindful eating practices. Embark on a journey toward optimal health and vitality. Together, let's create a world where every woman radiates with well-being and embraces the power of mindful nutrition.

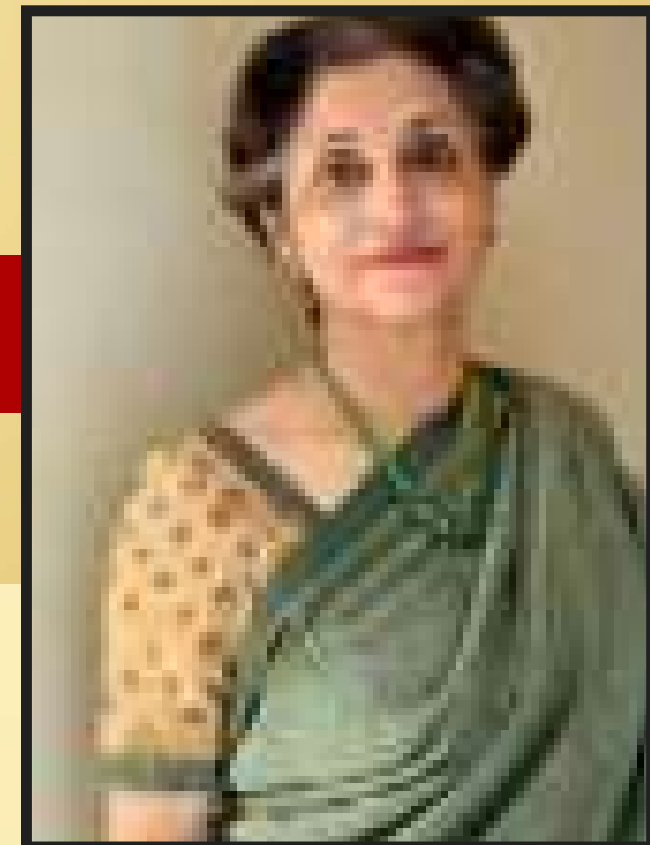
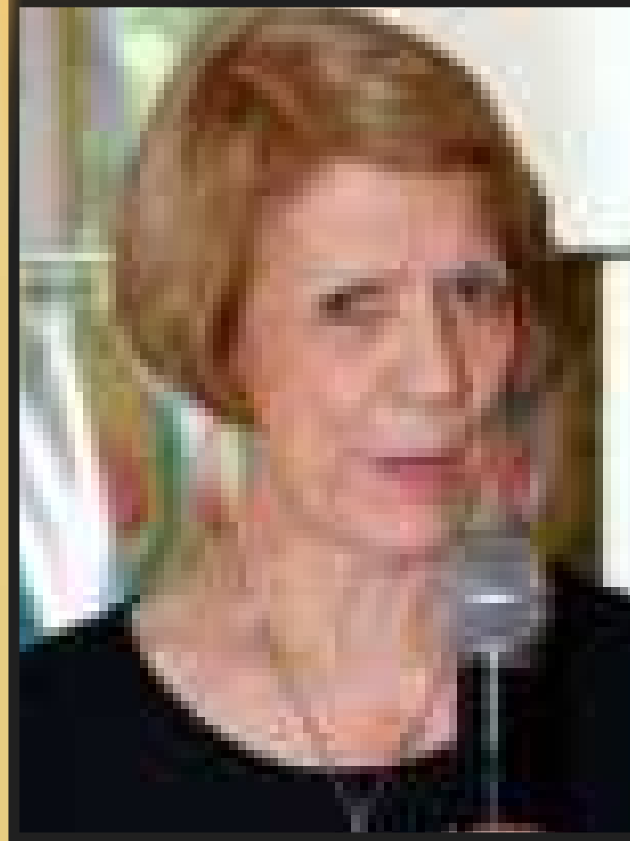
We thank **Mahvash Sait** for being our day facilitator.

RINKU MECHERI

NALINI PANDAY



FOUNDERS' DAY



**TUE | 25 JULY | 10.15 AM
@ CROWNE PLAZA**



THE SUPER SEVEN

RITU SAHI

SANYUKTA GILL

THE MANAGEMENT & EXECUTIVE COMMITTEES

FOUNDERS' DAY



Date: Tue, 25th July

Time: 10.15 a.m

Venue: Crowne Plaza,
132, TT Krishnamachari Road,
Austin Nagar, Alwarpet,
Chennai-600 018.

On the 25th of July 1986 seven visionary ladies - **Nirmal Seshadri, Nancy Dean, Lakshmi Padmanabhan, Saroja Ramamrutham, Sunita Shahaney, Anneliese Hazari and Reva Singh** set the foundation for our wonderful organisation. Their creativity and determination brought IWA into existence. Their vision for tomorrow is a driving force even today.

The Presidents who followed ensured that this dream flourished and remained vibrant. The Founders and Past Presidents have worked ceaselessly through the years to gift us an organization that gives us a voice as women, that bridges cultures and that has fostered lasting friendships.

The Board of 2023- 2024 and every member in this great organization send heartfelt thanks to the Founding Members and all Past Presidents. Please do be there as we all join in thanks for this wonderful organisation.

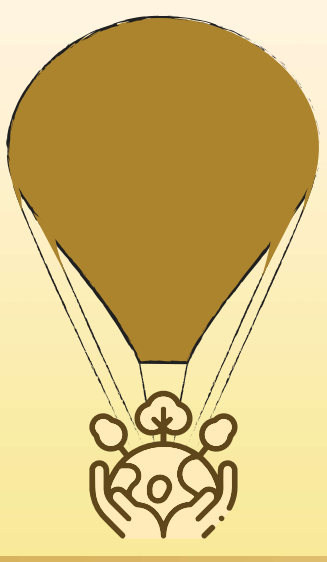
Come 25th of July
You will see how time does fly
We the IWA Committee
Of Twenty-Twenty Three
Have planned a joyous event
You can be sure its time well spent!
So Save the Date!
And Don't be late!
For when this Founders' Day does happen
We are sure your hearts we will gladden!

A very warm thank you to **Chandra Seoni and Deepali Goyal** for most graciously hosting this meeting and for their continued and unstinted support.

This is a members only meeting

RITU SAHI

SANYUKTA GILL



PHILOSOPHY AND RELIGION



**THU | 27 TH JULY | 3.30 PM
@ E. HOTEL**

YG MADHUVANTHI

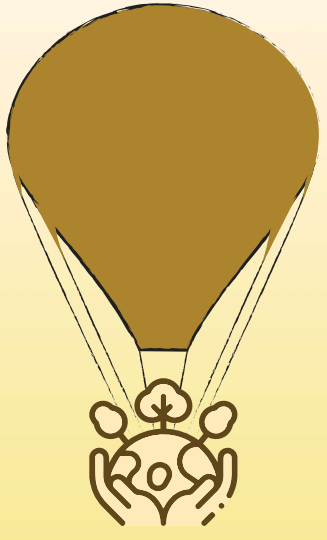
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**TIMELESS PHILOSOPHIES THAT
CAN GUIDE LEADERS**

**DEEPA RAMAPRASAD
CATHERINE REDDY**



PHILOSOPHY AND RELIGION



Date: Thu, 27th July

Time: 3.30 p.m

Venue: E Hotel,

Gate No. 1, Express Avenue Mall,
Patullos Road, Chennai 600 002.

EMPOWERING LEADERSHIP THROUGH ANCIENT WISDOM: RASHTRADHARMA AND A KING'S SACRED ROLE

In this enlightening talk, **YG Madhuvanthii** delves into the profound teachings of Hinduism and explores the sacred duties and responsibilities of a king in governing a nation.

Rooted in the ancient wisdom of Sanatana Dharma, the presentation emphasizes the vital role of a king as a protector, caretaker, and leader of the people. Drawing primarily from the scriptures and historical examples, the speaker highlights the ideals of justice, compassion, and righteous governance that guided the king in upholding the welfare and prosperity of the kingdom. This discussion goes over the timeless philosophies that can guide leaders in their pursuit of a just and harmonious society, as envisioned in the Hindu tradition.

YG Madhuvanthii is the cultural consultant for the Bharat Kalachar—a Sabha started by her grandparents almost 30 years ago. In addition to being an acclaimed musician and dancer herself, she's the Artistic Director and Founder of TOM Mediaas, an Arts and Media Company.

We thank **Anita Reddi** for being our day facilitator.

DEEPA RAMAPRASAD

CATHERINE REDDY

A GLIMPSE OF THE FELLOWSHIP MORNING









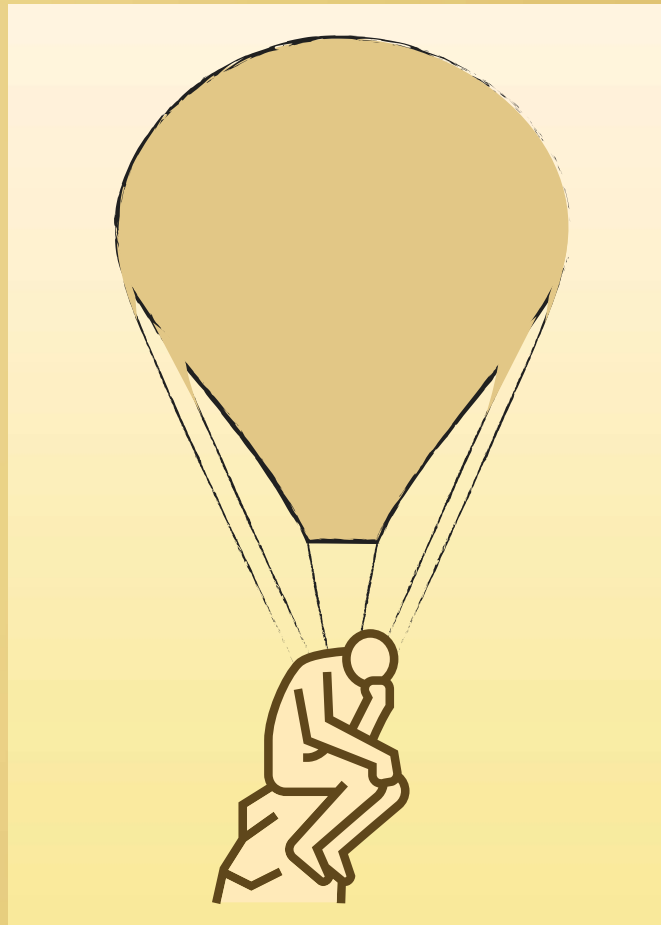


Thank you

MEETINGS GALLERY

"Profound sense of unity and equality"-Sardar Inderpal Singh

DIVINE DOORS-EXPLORING THE MYSTIQUE OF THE SIKH GURDWARA

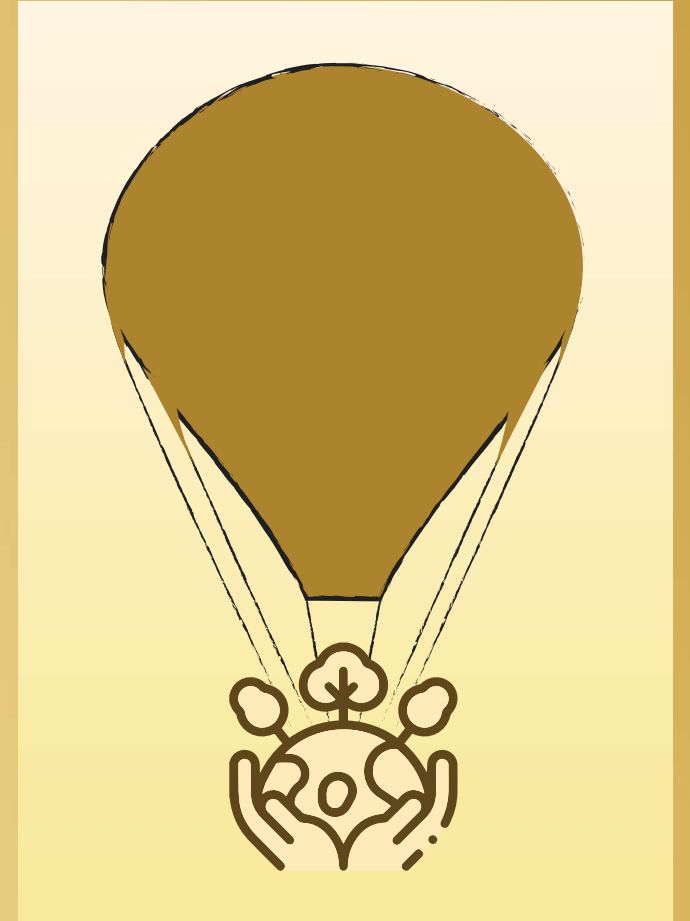


Philosophy & Religion



"For your eyes only"- Khushali Gambhir

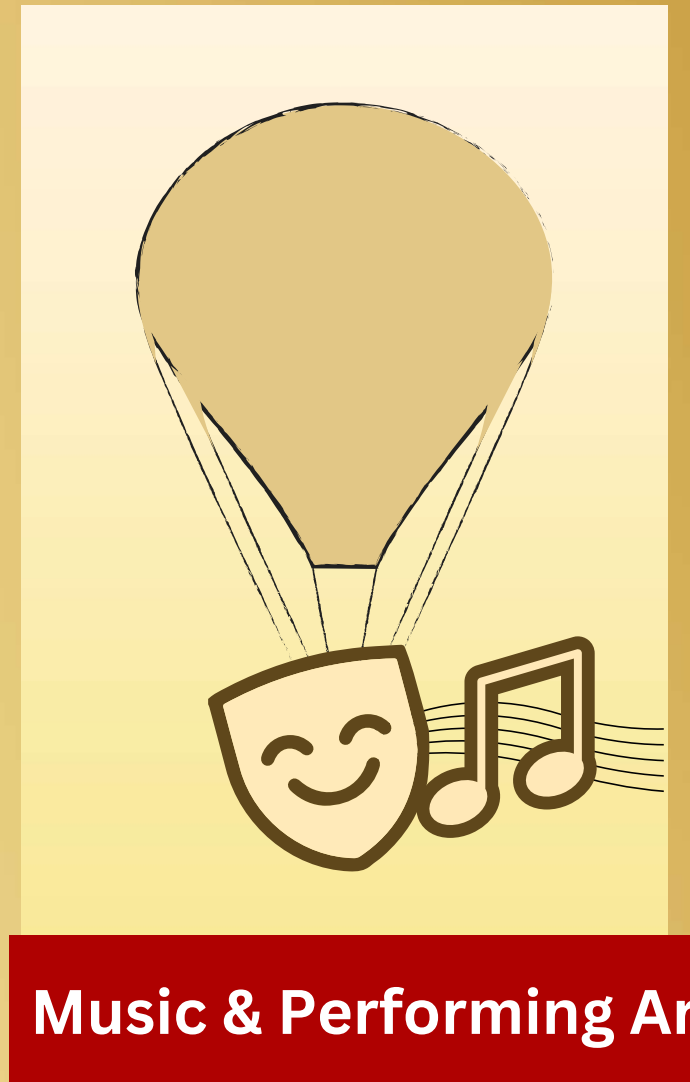
A SANDWICH CALLED MIDLIFE AND BEYOND



Health & Ecology



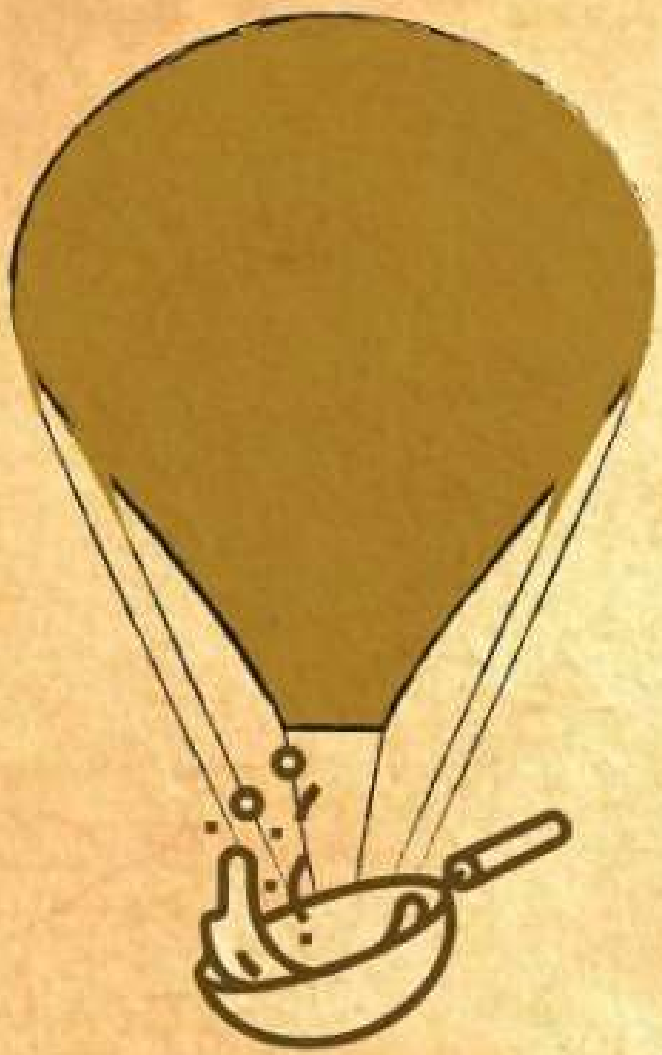
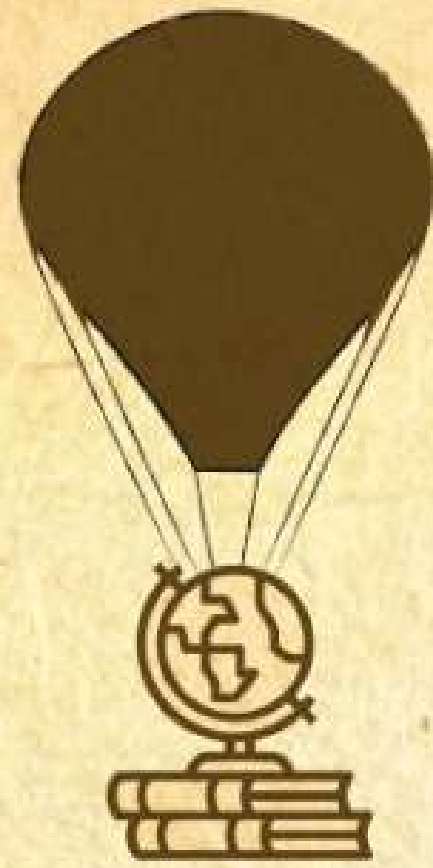
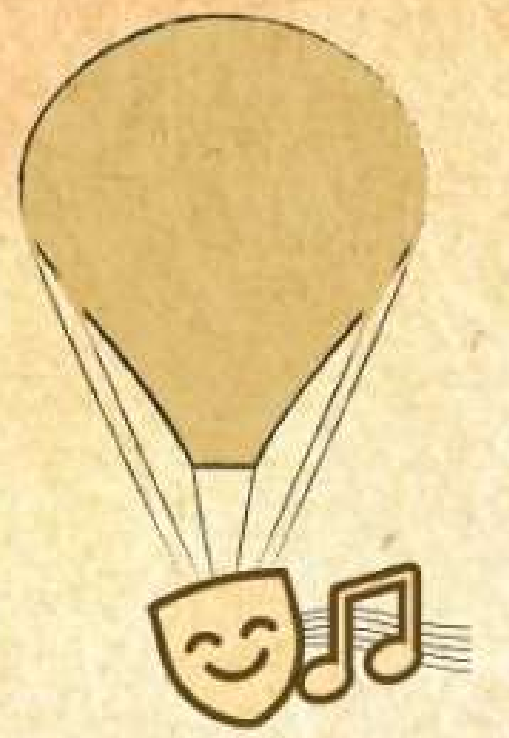
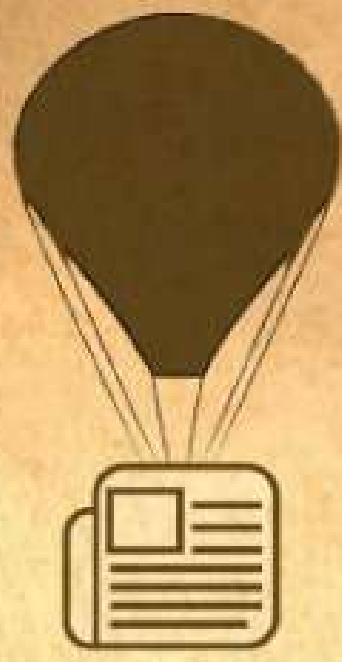
“Blessed to be able to share my Musical Journey”-Maalavika SUPER SINGER ON A MISSION



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

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 | 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 | 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

