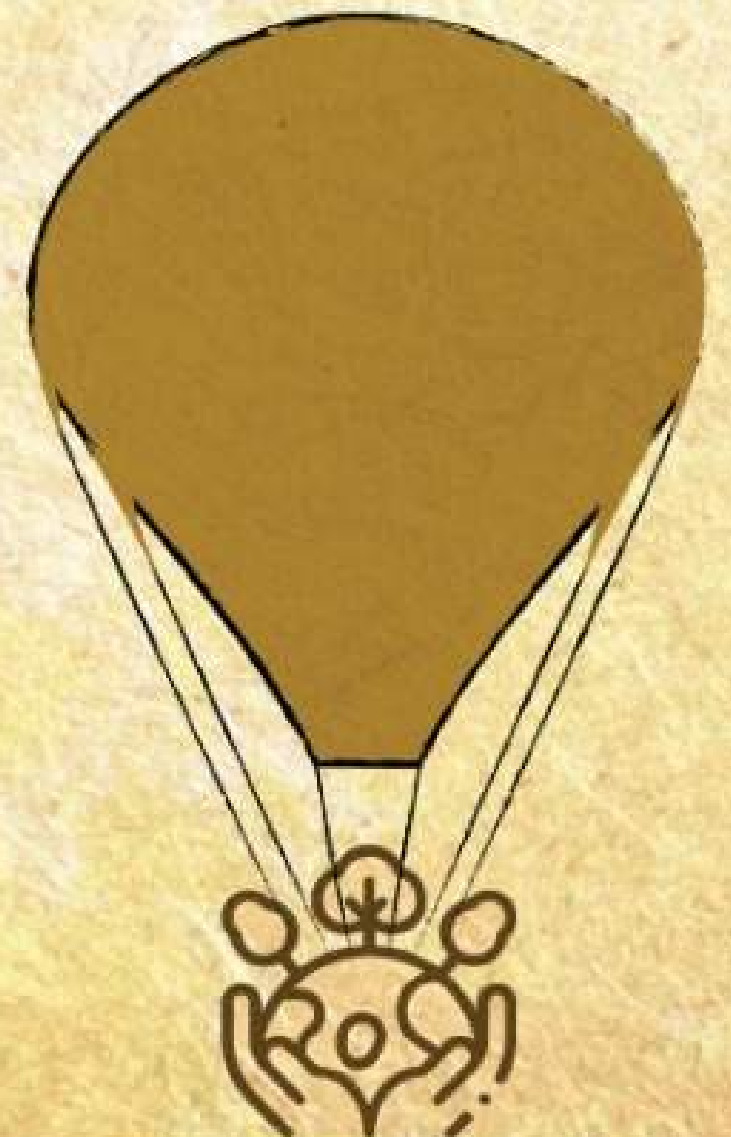
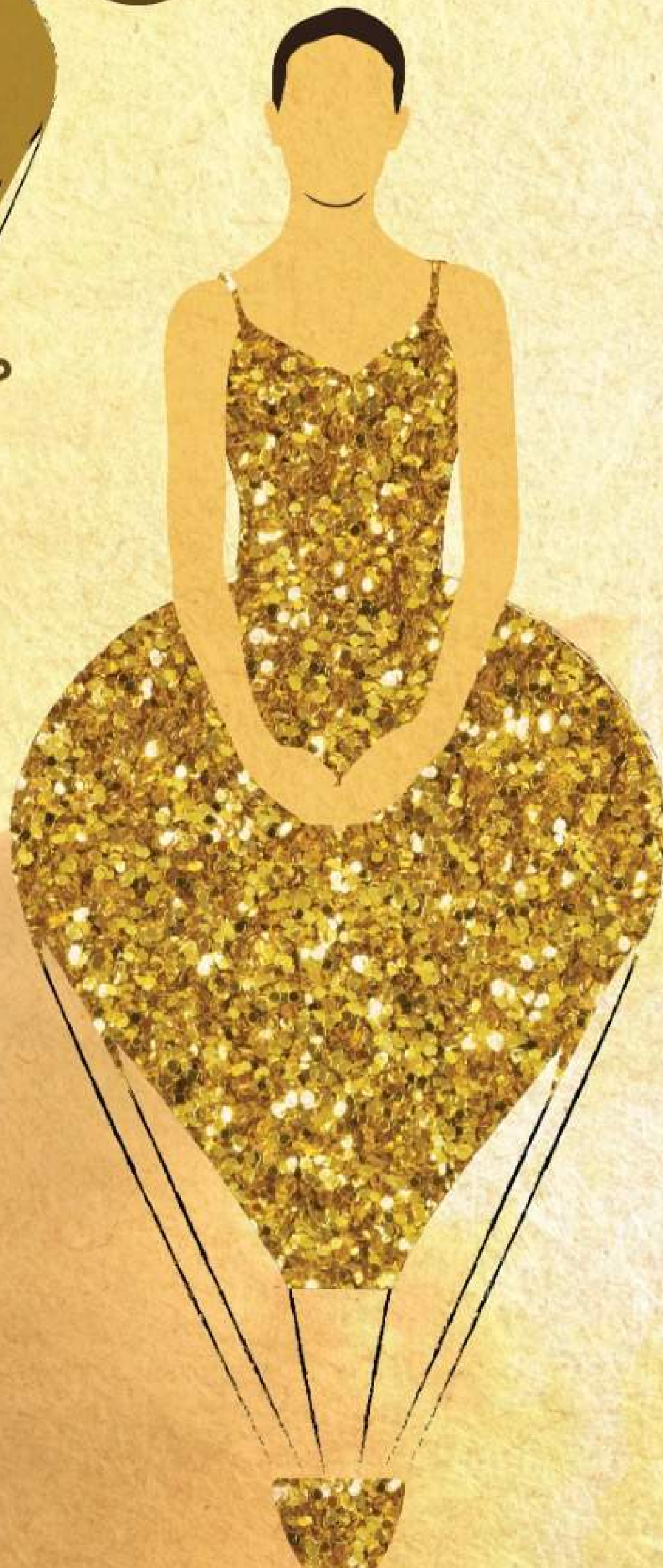
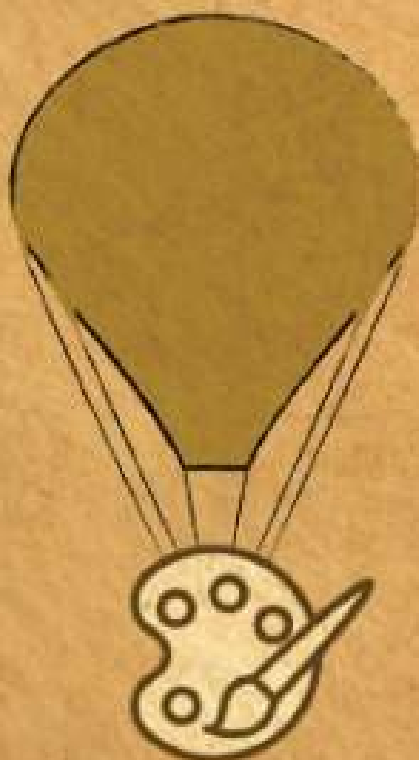
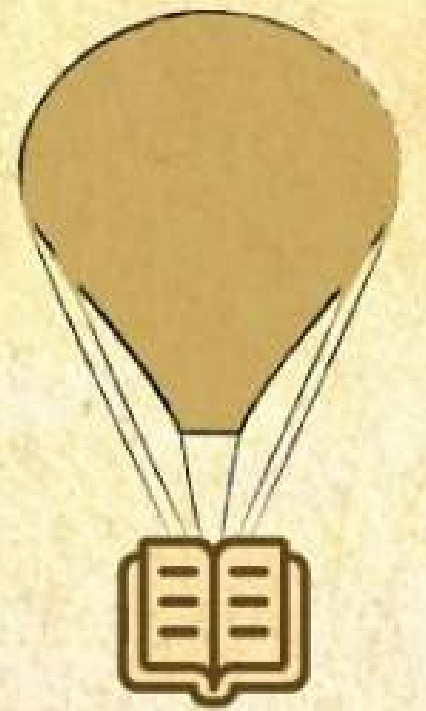
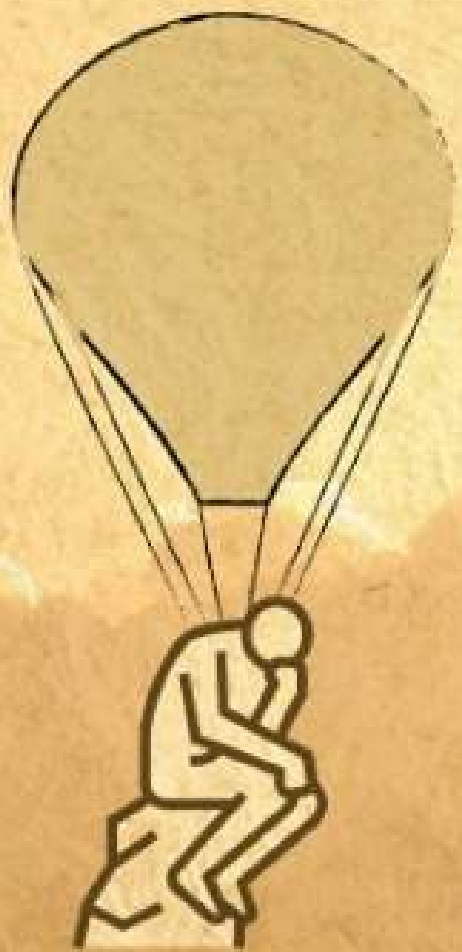
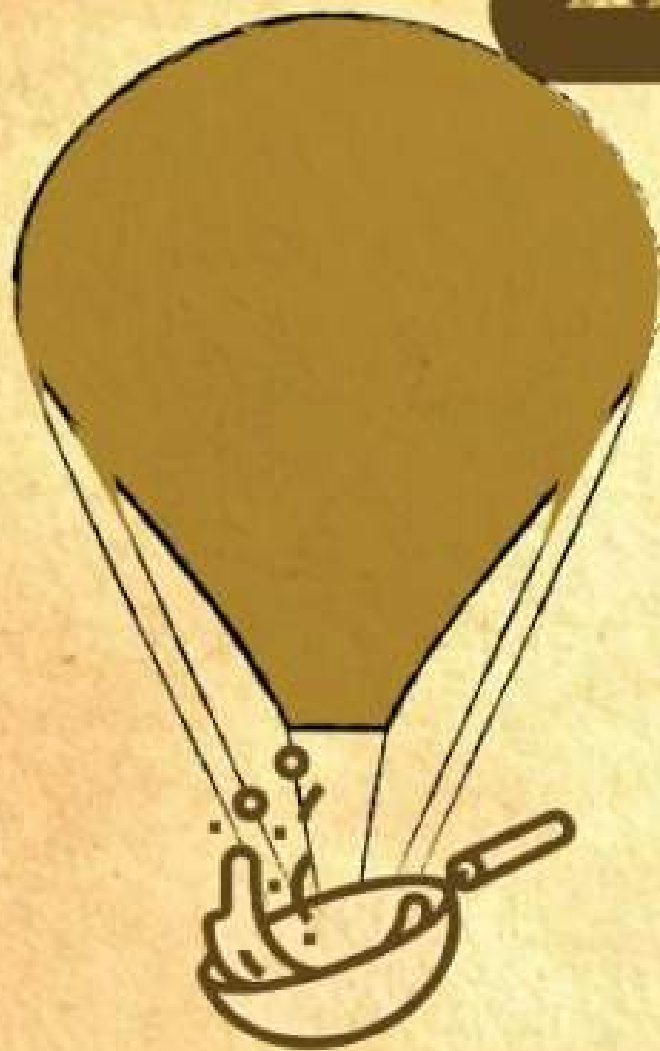
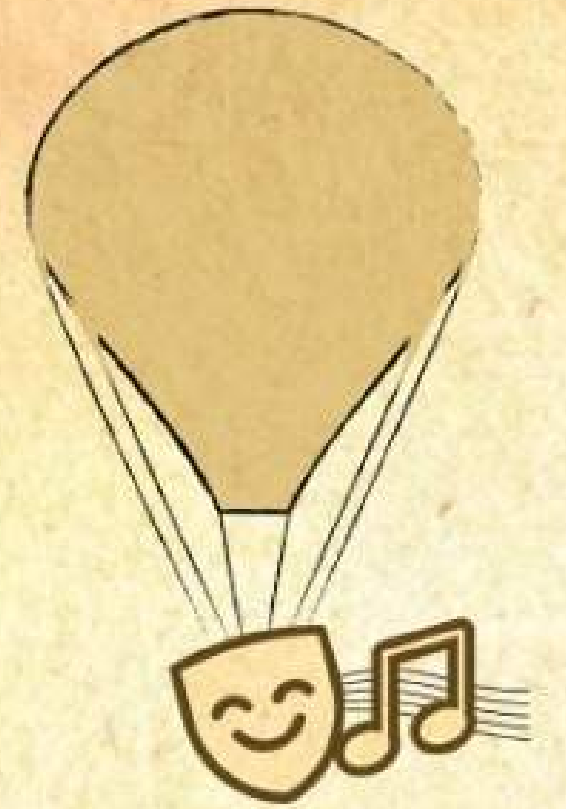
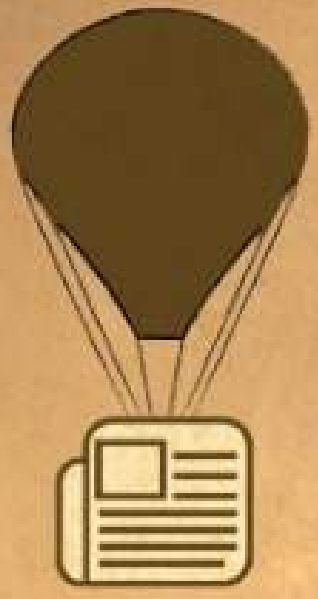




# Around the World in 8 Ways



March 2024

# MARCH AT A GLANCE

1

1st	<b>Fri</b>	12:30 pm 2:00 pm	<b>Managing Committee Executive Committee</b>
1st	<b>Fri</b>	10:15 am	<b>Book Discussion @ Meyyammai Murugappan's Residence</b>
5th	<b>Tue</b>	3:30 pm	<b>Arts &amp; Handicrafts @ Sage and Lavender</b>
6th	<b>Wed</b>	10:15 am	<b>Special Event @ Madras Club</b>
12th	<b>Tue</b>	10:15 pm	<b>Music &amp; Performing Arts @ Medai-The Stage</b>
14th	<b>Thu</b>	10:15 am	<b>Cooking Swapshop @ Brod Bakery</b>
21st	<b>Thu</b>	10:15 am	<b>History, Culture &amp; Tours @ Fern &amp; Ade</b>
28th	<b>Thu</b>	10:15 am	<b>Grand Finale @ The Park</b>

# HEARTIEST CONGRATULATIONS

**To Visalakshi Ramaswamy for  
being conferred with Devi  
Award in recognition for her  
role in revival of traditional  
crafts.**

**To Usha Saravanan on the  
birth of her granddaughter**

**“The swift flight of time, adorned with the happiness of cherished moments.” - Maya Angelou**

Literally the IWA year 2023-2024 has flown and we are filled with warmth and gratitude for the memories and experiences it brought.

On February 15th, the **Endowment Lecture** was held at the Museum Theatre and our speaker **Mr Gopalkrishna Gandhi** had us spellbound. We express our sincere gratitude to **Kausalya Santhanam** for all her help for this event.

Coming up in March we have some fabulous meetings lined up. A **Special Morning with Dr. Preetha Reddy** is on the 6th of March.

The Grand Finale is on the **28th of March** and we hope as many of you as possible will join us for this last big event

We thank **Padma Ashok** for hosting the Past Presidents meeting.

The **Election Sub Committee** has been hard at work and has prepared the list of candidates for election to the **Managing Committee for 2024-25**. We urge all members to complete and send in their nomination forms to **Nabila Avais**, Chairperson, Election Committee.

Our IWA AGM has been fixed for **Monday, April 29, 2024**. Please do save the date.

Meanwhile our **Activity Chairs** have yet again put up exceptional meetings for this month. See you at all of them!

**RITU SAHI**

**SANYUKTA GILL**

## **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**

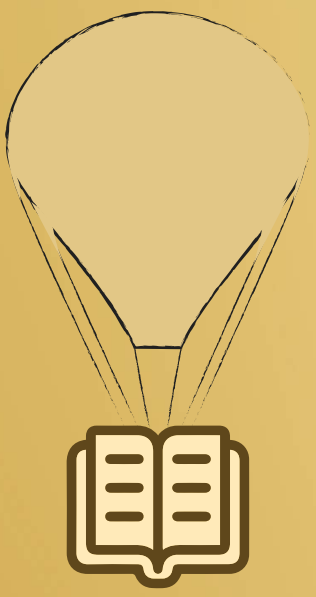
**Ritu Sahi | 93828 81478 | ritusahi@hotmail.com**

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

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

# BOOK DISCUSSION

5



**FRI | 1 MAR | 10:15 AM**  
**@ MEYYAMMAI MURUGAPPAN'S**  
**RESIDENCE**

**DEEPA KANNAN**

“

**SLEEP- THE MIRACLE MEDICINE FOR YOUR**  
**MIND AND BODY**

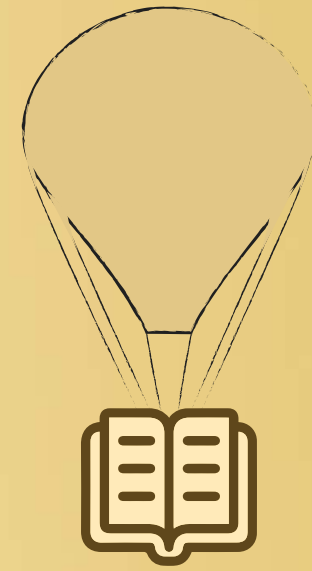
**RAJSHRI SUNDRANI**  
**SUSHI GOKLANEY**



**Date:** Fri 1st March

**Time:** 10:15 a.m

**Venue:** Meyyammai Murugappan's Residence,  
'The Laurel', 9, Chittaranjan Road,  
Teynampet,  
Chennai-600 018.



## **SLEEP- THE MIRACLE MEDICINE FOR YOUR MIND AND BODY**

**Deepa Kannan** is an Allied Functional Medicine Practitioner, Ayurvedic Practitioner, Author and a Yogini at OHA Health. She is the author of the book **How To Sleep Better-The Miraculous 10-Step Protocol To Recharge Your Mind & Body**. By Harper Collins. This ground breaking book on sleep combines ancient practices with the science of functional medicine to unlock the secrets of restful, rejuvenating sleep.

She has been featured on the award winning podcast 15-Minute Matrix and UK Health Radio discussing sleep. Deepa's journey as a healer is a one of continual evolution, that runs in parallel with her life. She has navigated through childhood struggles, a failed marriage and a divorce, remarriage to her soul companion and the birth of a child with a rare genetic disorder, using adversity and deep pain as fuel for her growth and transformation.

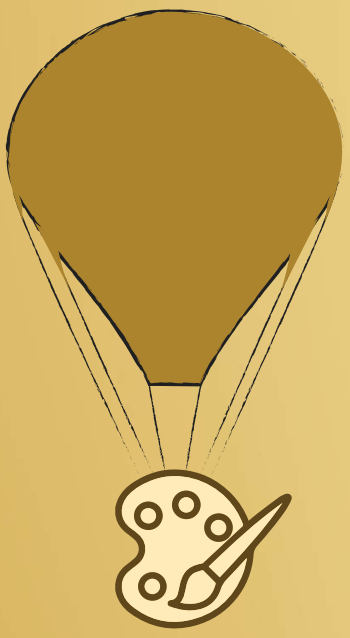
As the mother of a teenager with a congenital adrenal condition, **Deepa** continues to navigate challenging life and health situations as she helps her son grow with a healthy body, mind and spirit, live well and pursue his dreams despite the limitations posed by his condition.

She will be in conversation with our member **Tehnaz Bahadurji** and the morning promises to be nothing less than an eye opener to the importance of getting some shut eye.

We thank **Meyyammai Murugappan** for opening the doors of her home to our members and guests. We thank **Archana Meiyappan** for being the day facilitator.

**RAJSHRI SUNDRANI**

**SUSHI GOKLANEY**



# ARTS AND HANDICRAFTS



**TUE | 5 MAR | 3:30 PM**  
**@ SAGE AND LAVENDER**

**JYOTIKA KAPOOR**

“

**LET'S BE ICONIC**

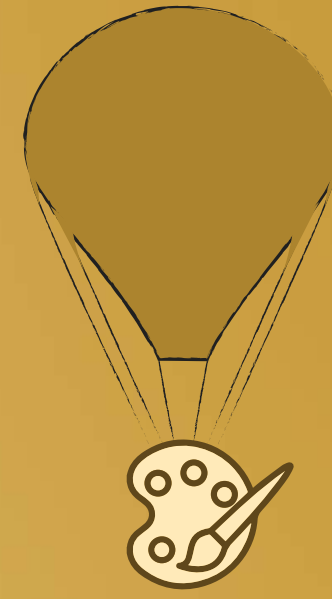
**NUSRRET CASSAM**  
**VIRAJ THAKORE**





# ARTS AND HANDICRAFTS

**Date:** Tue, 5th March  
**Time:** 3:30 pm  
**Venue:** Sage and Lavender



## LET'S BE ICONIC

**Jyotika** has dedicated over three decades to her craft as a **muralist**.

She has crafted and curated mixed media interior coordinates.

In the late 1980s, she pioneered the concept of **Vastu** doors and windows.

She has embraced various forms of creativity, continuously reinventing herself along the way. Her passion for teaching extends to nurturing creative positivity among differently-abled and challenged individuals.

We thank **Kiran Rao** for graciously sponsoring this meeting.

We thank **Urmila Prakash** for being the day facilitator.

**NUSRRET CASSAM**

**VIRAJ THAKORE**



## SPECIAL EVENT



**WED | 6 MAR | 10:15 AM**  
**@ MADRAS CLUB**

**A MORNING WITH**  
**DR. PREETHA REDDY**



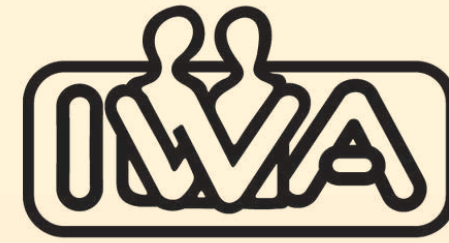
# SPECIAL EVENT

**Date:** Wed, 6th March

**Time:** 10:15 am

**Venue:** Madras Club,

8, Adyar Club Gate Road,  
Raja Annamalai Puram,  
Chennai - 600 028



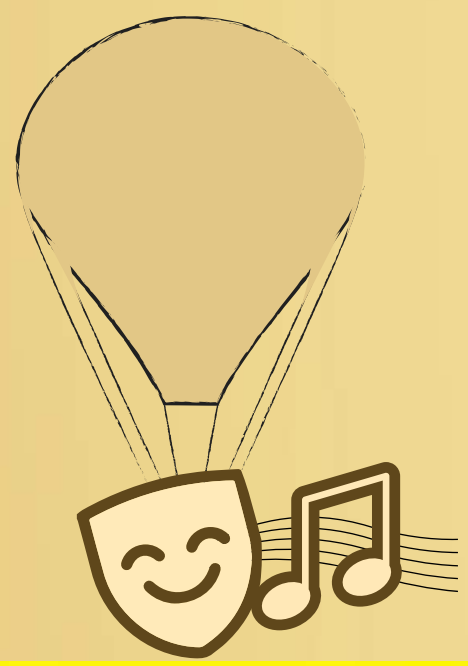
## A MORNING WITH DR. PREETHA REDDY

**Shobha Jesudasen** invites you to welcome **Dr Preetha Reddy** at a **Special Morning** get together.

**Dr Preetha Reddy** is well known here, pan India and across borders as **Vice Chairperson - Apollo Hospitals**. Under the guidance and tutelage of her **visionary father Dr P C Reddy - Dr Preetha** and her siblings have placed **India** on the **international healthcare map**.

Having crested the wave of the pandemic successfully, we are eager to hear from her the challenges and concerns we must contend with in this **post Covid era**.

**Dr Preetha Reddy** has much to share with us especially after having attended the **World Economic Forum in Davos** this January. Our mutual friend **Dr Veena Swamy** will be in conversation with her, drawing insights in general, with a special focus on **Disease X**.



**BOARDWALKERS**



**CHENNAI ART THEATRE**

*Present*

**WRITTEN BY  
BINOY  
MOHAN  
DIRECTED BY  
MICHAEL  
MUTHU**



**FEATURING  
T.M.KARTHIK  
ROSHAN  
PONCHA  
GIBRAN  
OSMAN  
TANAAZ  
ZOROOFCHI**

**HOLD  
THE  
MUSHROOMS !**

**MEDAI  
ALWARPET**

**JYOTHI GANESH  
JANSI KISHORE**

**TUE | 12 MAR | 10:15 AM  
@ MEDAI-THE STAGE**

**Date:** Tuesday, 12th March

**Time:** 10:15 a.m

**Venue:** Medai-The Stage

3rd Floor

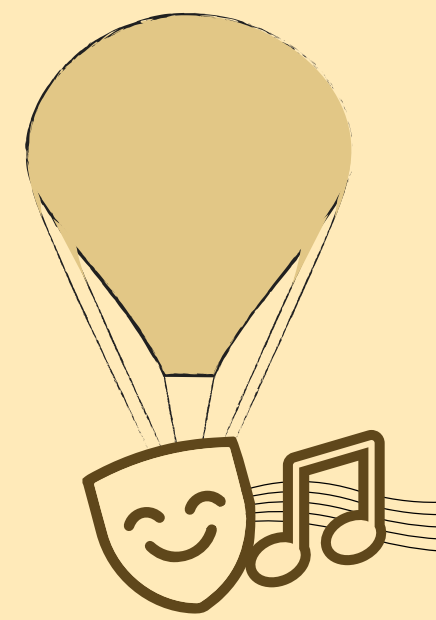
16, 1st Cross Street,

Cooperative Colony,

Sri Ram Nagar,

TTK Road, Alwarpet,

Chennai 600 018



## **A BLACK BOX PLAY - HOLD THE MUSHROOMS**

"Hold the Mushrooms" written by **Binoy Mohan**, is a heartwarming play featuring a concise four-member cast including our own member, **Roshan Poncha**.

**The Black Box Theatre** concept has become increasingly popular in recent years due to its intimate and versatile nature. It provides a unique opportunity for designers to create innovative and immersive productions that engage and challenge the audience as they are in close proximity with the performers.

The story skillfully explores the complexities of family life, unravelling the joys, struggles, and poignant moments that bind the characters together. Humorous touches add a delightful layer to the narrative, offering moments of levity that complement the play's more sublime themes.

The play runs for about 90 minutes, performed first in Bangalore & then in Singapore.

It has been directed by **Michael Muthu**.

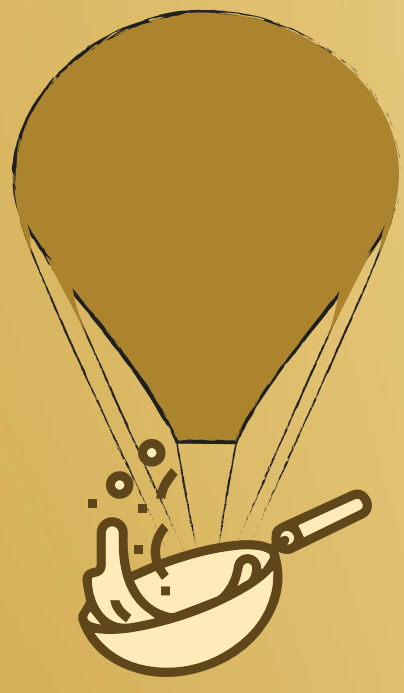
We thank **Shanthi Thomas** for graciously sponsoring the meeting.

Please note that family & friends are welcome for this meeting.

Do inform **Jansi Kishore @ 98415 89896** or **Jyothi Ganesh @ 98400 97298** if you are bringing guests.

**JYOTHI GANESH**

**JANSI KISHORE**



**THU | 14 MAR | 10:15 A.M  
@ BROD BAKERY**

## **SUBBIKA GANESAN**

“

**”FIKA & FLOUR : THE ART OF NORDIC  
BAKING”**

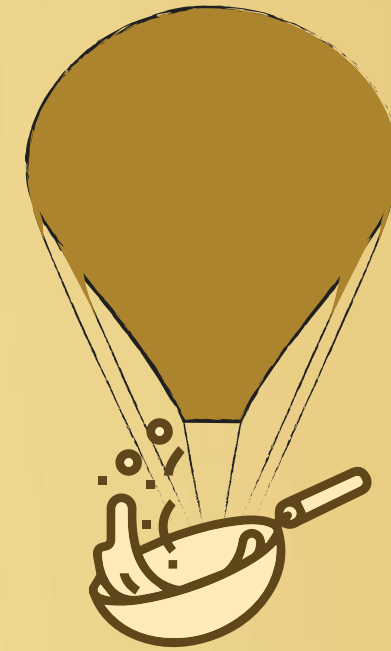
**SHEFALII DADABHOY  
ANJALI SACHETI**



**Date:** Thu, 14th March

**Time:** 10.15 a.m

**Venue:** Brod Bakery  
2/189, East Coast Rd,  
Hanuman Colony,  
Sakthi Vinayakar Nagar,  
Injambakkam,  
Chennai



## ”FIKA & FLOUR : THE ART OF NORDIC BAKING”

In this session, **Subbika Ganesan**, head baker at **Brod Bakery** will walk you through the process of bread making. In particular **Sourdough** - from how the starter is made to till the bread is baked.

Buns are an everyday staple in Scandinavia. Especially in Sweden with the **Fika** culture. A cardamom bun or a cinnamon bun is had almost everyday at anytime of the day. Let's roll some buns and enjoy a fika!

We would like to thank **Suchitra Girish** for sponsoring our meeting.

**This is a warn in meeting for only 20 members.**  
To warn in please send a WhatsApp message to **Shefalii Dadabhoy @ 97898 89955**

**SHEFALII DADABHOY**

**ANJALI SACHETI**



**THU | 21 MAR | 10:15 AM  
@ FERN AND ADE**

**FABIENNE MANELE**

“

**TETE-A-TETE OVER BRIOCHE AND TEA**

**JAYA MAHBUBANI  
ROHINI TUMMALA**

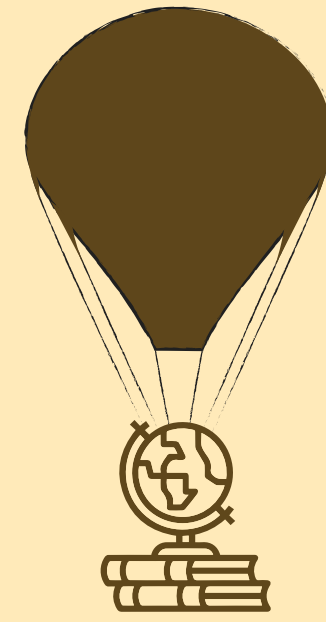




**Date:** Thu 21st March

**Time:** 10:15 am

**Venue:** Fern and Ade,  
1st Floor, 27, Wallace Garden Road,  
3rd Street,  
Nungambakkam,  
Chennai-600 034.



## TETE-A-TETE OVER BRIOCHE AND TEA.

IWA member **Fabienne Manele** currently based in Chennai, is a French art historian, author and licensed tour guide who has lived away from France for the past 22 years.

She has a penchant for documenting her travels in innovative ways, and our Chennai has been extensively portrayed, giving us a unique and loving perspective through her eyes.

The array of her well-researched topics include, art deco in Chennai, Indian Cinema, and indo-saracenic architecture in Chennai.

Pondicherry has also found expression in her works. Our get-together today focuses on her latest book, Tamil Letters. It is about Tamil Nadu with an emphasis on Chennai.

In her own words, "I am just fascinated by South India" and she hopes to put into perspective European prejudices, even as she uncovers what to her is different, exotic, and even bizarre.

Be prepared to be regaled with delightful details and charming surprises as you leaf through quaint topics covered in her unique style.

From tea to indigenous fruits and vegetables, to the script, to attire and means of transport, Amma and Lakshmi are subjects that spring up in her work, as teasers.

The icing on this french gateau are the warm and often humorous illustrations, expertly provided by Chennai-based American illustrator, Melanie Bass and renowned French artist, Catherine Delmas, using the beautiful Tamil script as a common theme.

We thank **Adeline Graham** for her hospitality and **Alina Burnete** for being the day facilitator.

This is a warn in meeting for 30 members. Please send a WhatsApp message to **Jaya Mahbubani @ 98846 87986** to reserve your spot.

**JAYA MAHBUBANI**

**ROHINI TUMMALA**



**THE GRAND FINALE**

**THU | 28TH MARCH | 10:15 AM**

**THE PARK**

**RITU SAHI SANYUKTA GILL**



## GRAND FINALE



Step into a world of enchantment as we gather under the golden glow of evening, dressed in **shimmering hues**, to indulge in an unforgettable theatrical experience.

Join us for **Relatively Speaking** by Alan Ayckbourn, a delightful collaboration between **The Madras Players** and **Chennai Art Theatre**. Directed by **Tehzeeb Katari**, this witty play ensnares two couples in a captivating web of misunderstandings, leaving the audience guessing until the final curtain. Don't miss out on the laughter and surprises as the characters navigate through confusion and unexpected twists!

This programme is followed by lunch.

**Dress Code: Golden Glamour.**

**Date: 28th March, Thursday**

**Time: 10:15 am**

**Venue: The Park**

**RITU SAHI**

**SANYUKTA GILL**

We invite you to nominate eligible members for positions of office in the IWA Managing Committee 2024-2025

**Guidelines:**

- 1. Nominees for President, Indian, should have served on the Managing Committee for at least 2 years. They should have been members of IWA for at least 7 years. This may be relaxed in the case of non-Indians.**
- 2. Nominees for the other 3 office bearers of the Managing Committee (i.e.Vice President, Secretary or Treasurer) should have served as Activity Chairpersons for at least 2 years. This may be relaxed in the case of Non-Indians who have been members of IWA for 3 years or less.**
- 3. As per Section M(vi) of the IWA Bye-laws, "The Election Committee shall scrutinize the nominations received ..... If there are insufficient names for any office, to make up such shortfall, the Election Committee shall call for nominations from the floor of the house at the Annual General Meeting, and conduct the election b secret ballot....."**
- 4. The members of the Electiion Committee will therefore NOT be making calls to members who have not been nominated for any post. A candidate is permitted to nominate herself.**
- 5. If no nominations are received for a post/posts, the nomination and election for the post/posts will be conducted at the AGM, as mentioned above. The nominee/s MUST be present at the AGM at the time of the elections.**
- 6. The Election Committee shall present to the members the names of Indian and Non-Indian nominees who are eligible and willing to stand for election on the Managing Committee. They shall inform the members of the date, time and venue of the election.**

The Nominations Form will be emailed to you as a Word Document and PDF, and also will be sent in IDA (IWA Digital Network WhatsApp). You may enter nominations for some or all of the positions mentioned.

**Please fill the form in word document OR take a printout, fill in and take a picture.**

**Email it to Nabila Avais**

**iwaelection2024@gmail.com**

**Please ensure that your Nomination Form is sent before 3 pm on**

**Friday 8th March 2024**

**Chairperson:**

**Nabila Avais                      99625 25558**

**Members:**

**Kausalya Santhanam   98415 58467**

**Anjana Sunil                      98400 32146**

**Sheela Sarath                      98840 33336**

**Anita Kapoor                      98840 30566**

**Ex-Officio:**

**Ritu Sahi                              93828 81478**

**Sanyukta Gill                      98404 15677**

# FROM THE ELECTION -COMMITTEE

The Election Committee has contacted all who are eligible to be nominated for Managing Committee of 2024-2025

## INDIANS

The following Candidate is eligible and willing to be nominated as President 2024-2025



**Sadiya Khaleel**

### **Sadiya Khaleel**

EC	Philosophy & Religion	2007-2008
EC	Music & Performing Arts	2017-2018
EC	Philosophy & Religion	2020-2021
EC	Music & Performing Arts	2021-2022
MC	Secretary	2022-2023
MC	Vice President	2023-2024

The following candidates are eligible and willing to be Nominated for Managing Committee (Vice President,Secretary, Treasurer) 2024-2025 (In alphabetical order)



**Sheetal Parakh**

### **Sheetal Parakh**

EC	Current Events	2017-2018
EC	Philosophy & Religion	2019-2020
MC	Secretary	2020-2021
MC	Vice President	2021- 2022



**Somna Sachdev**

### **Somna Sachdev**

EC	Cooking Swapshop	2010-2011
EC	History Culture & Tours	2011-2012
MC	Treasurer	2014-2015
EC	History Culture & Tours	2018-2019
EC	History Culture & Tours	2019-2020
EC	Current Events	2022-2023
MC	Secretary	2023-2024



**Nirupa Sundaravadanan**

### **Nirupa Sundaravadanan**

EC	Health & Ecology	2019-2020
EC	Current Events	2020-2021

# FROM THE ELECTION COMMITTEE

**NON-INDIANS** (In alphabetical order)

The following candidates are eligible and willing to be nominated for Managing Committee (President, Vice President, Secretary, Treasurer) 2024-2025



**Stefanie Andruchowitz**

**Stefanie Andruchowitz**

**EC Book Discussion**

**2022-2023**

**MC Secretary**

**2023-2024**



**Fabienne Manele**

**Fabienne Manele**



**Bettina Kjeldgaard**

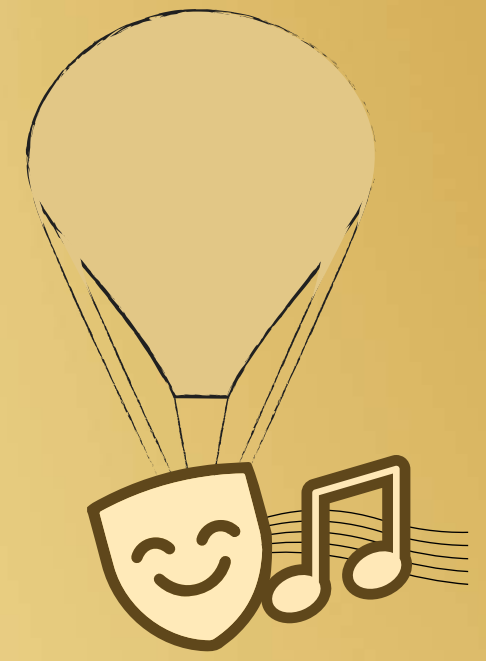
**Bettina Kjeldgaard**



**Geetha Muthusamy**

**Geetha Muthusamy**

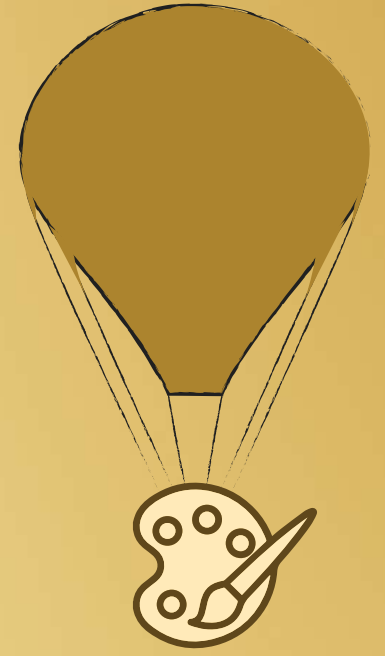
# “VEENA MAESTRO-BLENDING THE OLD WITH THE NEW”-VIDHUSHI SHANTI RAO



## MUSIC & PERFORMING ARTS



# “MESEUMS UNRAVELED”- VINOD DANIEL

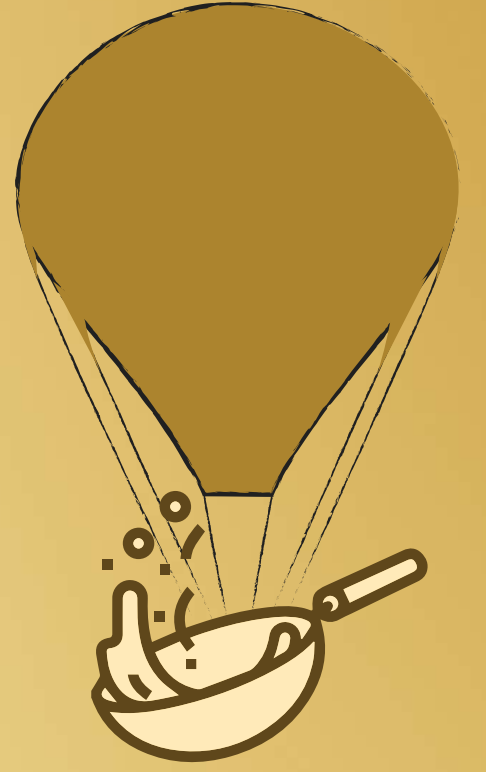


## ARTS & HANDICRAFTS





# “FROM BUD TO BITE: CULINARY DELIGHTS WITH POMELOS AND CLOVES”-SHRUTHI VINOD



**COOKING SWAPSHOP**



# “AN AUSTRIAN DANCER’S LIFE IN TWO CULTURES”-RADHA ANJALI



## MUSIC & PERFORMING ARTS

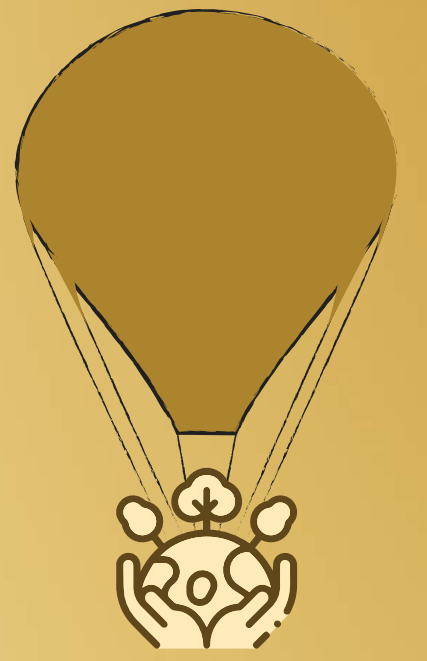


# ENDOWMENT LECTURE

## “OF FIVE WOMEN IN CHENNAI-AUTONOMY AMID TENSION”- GOPALKRISHNA GANDHI



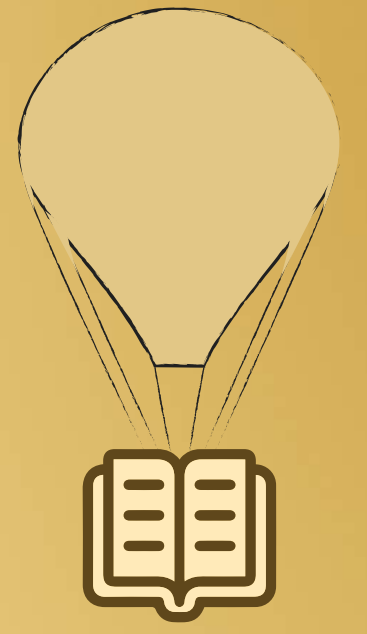
# “TURTLE TALK - A VOICE FOR THE VOICELESS”-DR. SUPRAJA DHARINI



HEALTH & ECOLOGY



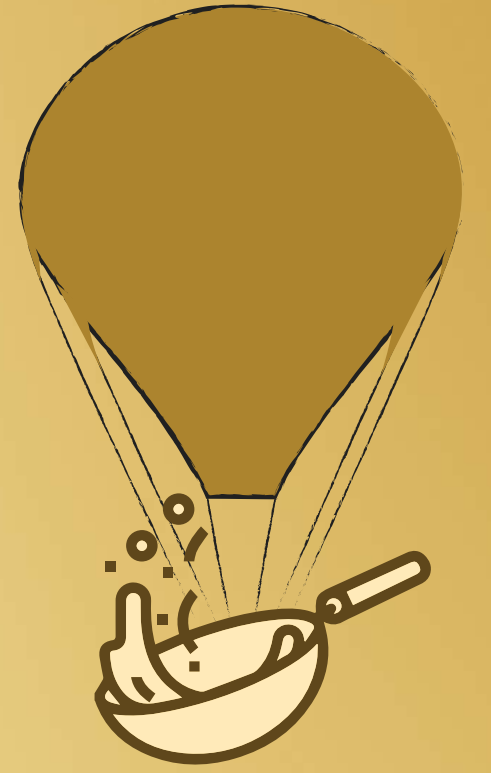
# "WHEN VERSES UNITE HEARTS"- IWA MEMBERS



**BOOK DISCUSSION**



# “FOR THE LOVE OF PICKLES”- JASMINE KABRAJEE, INDIRA SRINAGESH & NAINA SHAH

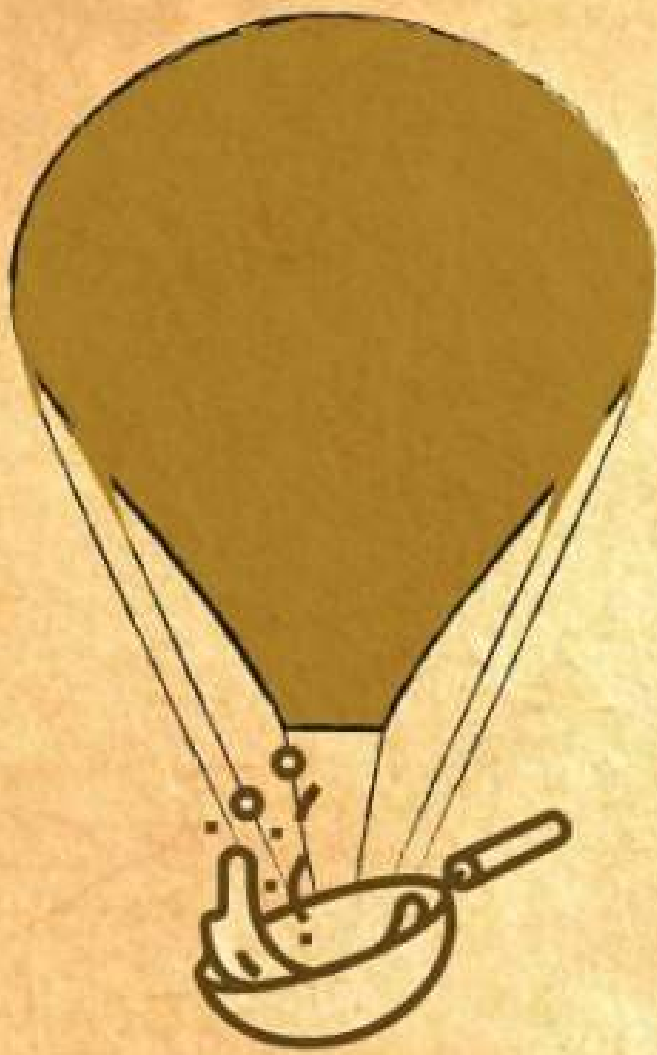
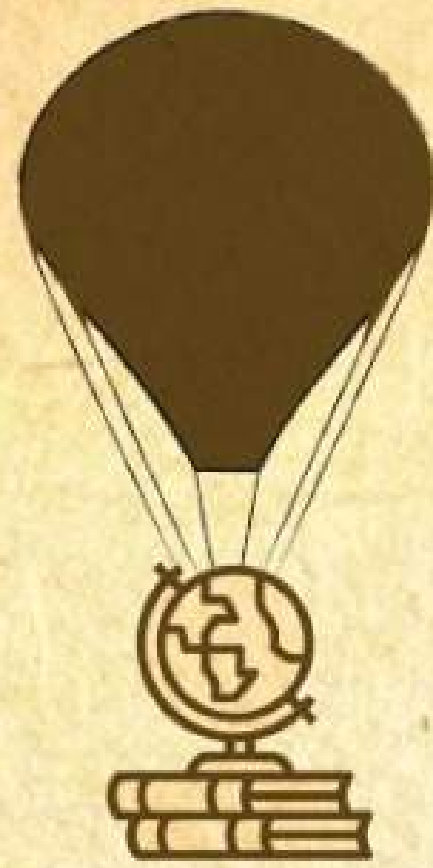
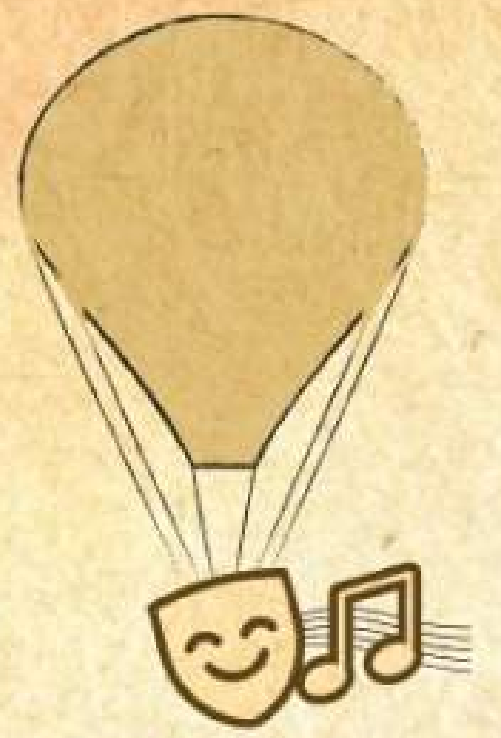
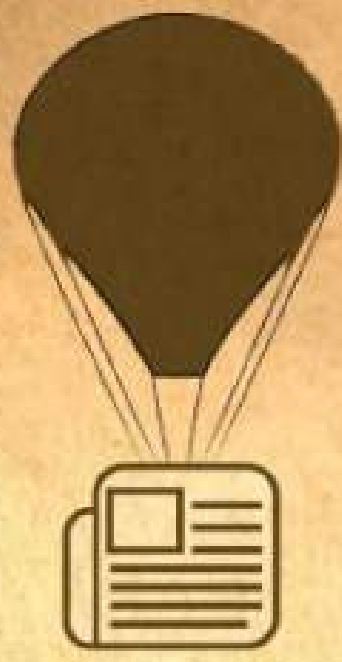


**COOKING SWAPSHOP**



**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>Khin Thi Da 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

