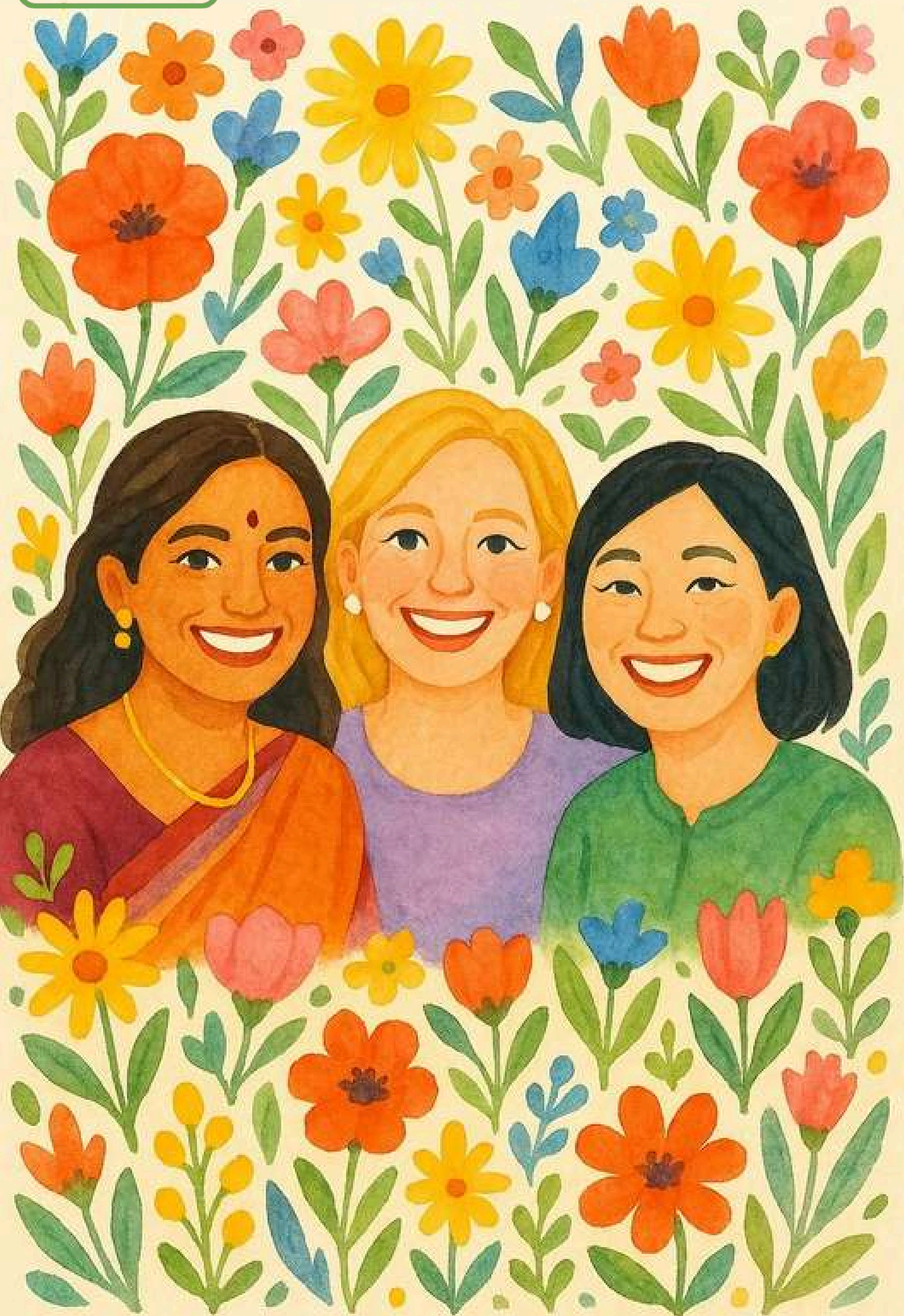




AUGUST 2025



Happiness grows where friendship flows



AUGUST AT A GLANCE

1 Fri	10.00 am 11.00 am	Managing Committee Executive Committee	Zoom
7 Thu	10.15 am	Book Discussion	Alliance Francaise
12 Tue	10.15 am	Philosophy & Religion	Leela Palace
14 Thu	10.15 am	Health & Ecology	Madras Club





AUGUST AT A GLANCE

19 Tue	10.15 am	Arts & Handicrafts	Beachville Coffee Roasters (Warn-in)
25 Mon	10.15 am	Music & Performing Arts	Madras Cricket Club
26 Tue	10.15 am	Current Events	E Hotel
28 Thu	10.15 am	Cooking Swapshop	Somna Sachdev's Residence
30 Sat	6.30 pm	Special Meeting	Hotel ITC Grand Chola



FROM THE PRESIDENTS

Dear Friends,

July was filled with energy and warmth, thanks to our wonderful Activity Chairs who curated a delightful lineup of events. Your presence made each one special - and there's more to come! August promises another round of fun and meaningful gatherings.

We also celebrated **39 years of IWA**, honouring the seven remarkable women who began this journey. A heartfelt performance by our **Past Presidents**, beautifully scripted and directed by our talented **Sushila Natraj**, made the morning truly memorable.

Our sincere thanks to **Nina Kothari** for generously sponsoring Founders Day.

Here's to another month of shared smiles and special moments. We look forward to seeing you!

In friendship,

Somna Sachdev & Jina Park



FROM THE TREASURERS

IWA		
RECEIPTS & PAYMENTS ACCOUNT FOR THE PERIOD		
1st April'2025 To 30' th June '2025		
RECEIPTS	Amount	Amount
To Opening Balance -Cash on Hand	23929.00	
To Opening Balance-Canara Bank SB1287101014396	378538.00	
To Opening Balance - Current A/c	159921.00	
To Opening Balance -Fixed Deposits with Canara Bank	1479869.00	
	Sub Total	2042257
To Membership Annual Subscription fee		2851450.00
To New Membership fee		40000.00
To Interest on Fixed Deposits		26318.00
To Interest on Savings Bank Interest		9422.00
To Guest Charges (Inclusive of GST)		3850.00
To Telephone Directory&Other Income		0.00
To GST payable(Balance Sheet)		516250.00
To Other Income		51.00
	TOTAL	5,489,598
PAYMENTS		Amount
By Audit fee		29500.00
By AGM Expenses 2024-25		195850.00
By Meetings including Zoom Meetings		214825.00
By Fellowship Morning		170466.00
By Printing and Stationary		7662.00
By Postage and Courier Expenditure		4663.00
By Conveyance and IWA Telephone Charges		3100.00
By Professional Fee		5900.00
By Salary to Accountant		34500.00
By Gift items		7085.00
By Bank Charges		2708.00
By GST paid Apr'25 and May'25 (Balance Sheet)	285,010.00	
By Closing Balance-Cash on Hand	6,312.00	
By Closing Balance-Canara bank Savings Bank A/c 1287101014396	2,484,520.00	
By Closing Balance at Current Account	554,659.00	
By Closing Balance-Fixed Deposit-1287303000572/21(MD.24.01.2026)	500,000.00	
By Closing Balance-Fixed Deposit-1287306000014/7(MD.28.03.2027)	100,000.00	
By Closing Balance-Fixed Deposit-1287303000572/22 (MD.14.04.2027)	424,354.00	
By Closing Balance-Fixed Deposit-1287303000571/11 (MD.29.03.2026)	200,000.00	
By Closing Balance-Fixed Deposit-1287401006192/9(MD 28.03.2026)	250,000.00	
By Closing Balance-Fixed Deposits-1287303000637/(MD.26.10.2026)	5,515.00	
By Tax Deducted at Source 2025-26	2,969.00	
	Sub Total	4813339.00

Sheetal Parakh & Kyoko Kawaguchi



IN LOVING MEMORY



LAKSHMI PADMANABHAN

FOUNDING MEMBER

With grace, wisdom, and quiet strength,
she helped lay the foundation of our journey.
Today, we remember her not in sorrow,
but with deep gratitude and warm memories
that will always remain in our hearts.

WE HONOUR LAKSHMI,
WE THANK HER, AND
WE CARRY HER SPIRIT FORWARD.



IN FOND REMEMBRANCE OF LAKSHMI PADMANABHAN



We extend our sincere thanks to our **founding member Sunita Shahaney** for graciously organizing and hosting a beautiful prayer meeting in honour of our **beloved founding member, Lakshmi Padmanabhan**, on 13th July at the Madras Club.

The gathering was attended by nearly 70 members, each touched by the warmth and dignity of the occasion.



HEARTFELT CONDOLENCES

Our heartfelt condolences to
Veena Swamy
on the loss of her dear husband



HEARTIEST CONGRATULATIONS

Our heartiest congratulations to
Visalakshi Ramaswamy

for 25 years of pioneering work in reviving the
Chettinad Kottan — a beautiful craft now woven into
global recognition, thanks to her vision and dedication.



WE THANK

We thank **Paola Pignataro** and **Alina Burnete** for being Day Facilitators for the Current Events meeting on 4th July at E Hotel.

We thank **Lalitha Naidu** for being Day Facilitator for the History Culture & Tours meeting on 10th July at Alliance Francaise.

We thank **Jasmine Kabrajee** and **Geetha Muthusamy** for being Day Facilitators for the Book Discussion meeting on 15th July at Madras Club.

We thank **Kyoko Kawaguchi** for being Day Facilitator for the Philosophy & Religion meeting on 22nd July at IIT campus.

We thank **Priya Gopalan** for being Day Facilitator for the Arts & Handicrafts meeting on 31st July at Manjal, MRC Nagar.



IMPORTANT UPDATE

Dear Members,

As many of you may know, this year's international trip had to be cancelled due to several dropouts after initial sign-ups, which left us without the minimum numbers required to proceed. In light of this, the committee has decided not to plan any further trips this year, as participation levels have not been sufficient.

While there won't be a North or South India trip on the IWA calendar this year, we're excited to explore new and creative ways for us to come together.

These upcoming gatherings will offer us the chance to share laughter, enjoy meaningful connections, and continue building the spirit of camaraderie that defines IWA.

We truly look forward to your presence and participation.

Warmly,

Somna Sachdev & Jina Park





BOOK DISCUSSION



TM. KARTHIK

DIARY OF THE MAD HATTER



7th August 2025 | 10.15 AM
Alliance Française de Madras

ROSHAN PONCHA

PAOLA PIGNATARO

BOOK DISCUSSION



Date: Thursday | 7th August

Time: 10:15 am

Venue: The Library Cafe,
Alliance Française de Madras
24, College Rd, Subba Road Avenue,
Nungambakkam,
Chennai 600 006



DIARY OF THE MAD HATTER by **TM. KARTHIK**

Brought to you

by

The Madras Players

Karthik, full time lost soul, part-time sane, an IT engineer, an MBA and a masters in social impact of theatre, has been an English theatre actor from 1994 and a Tamil film actor from 2004. After a long stint in the corporate life, he is into full-time corporate training and performing arts, an avid Marathoner and social worker.

In 2017 he published his first poetry book, **Diary of the Mad Hatter** - verses written with the ink of his soul.

Meet a dear friend, actor, and poet who wants to share, bare and dare his soul with us ladies, pieces from his heart which hold special meaning for him....

So Make sure you're there,
To show us you care,
And experience a morning of
interactive poetry
presented by

The poet himself :
TM. Karthik

Members of
The Madras Players
Tehzeeb Katari, TT Srinath & Shaan Katari

Members of **IWA**
Catherine Reddy, Rehane Dhala & Roshan Poncha

ROSHAN PONCHA

PAOLA PIGNATARO



PHILOSOPHY & RELIGION



JAI JI (D. JAYAVELU)

AWAKENING ENERGY

Chakra Chanting for Inner Harmony

12th Aug 2025 | 10:15 am
The Leela Palace

SUGUNA ANUMOLU

PHILOSOPHY & RELIGION



Date: Tuesday | 12th Aug

Time: 10.15 am

Venue: The Leela Palace,

Diya Hall, 11th floor

Adyar Sea face, Leela Palace Road,

MRC Nagar, RA Puram,

Chennai 600 028

Please note: An IWA member will be stationed to provide elevator card access for the 11th floor.

AWAKENING ENERGY Chakra Chanting for Inner Harmony

In this deeply immersive **conversation with Srijaya Anumolu**, renowned **Yoga Coach Jai Ji** guides participants through the ancient practice of **chakra chanting** - a powerful method to awaken, balance, and energize the body's subtle energy centers. Through sound vibrations, breathwork, and focused intention, he will help you reconnect with your inner self and release blocked energy.

With over 10 years of experience and training in Yoga, Kalari, sound healing, and naturopathy, Jai Ji brings a rare blend of tradition and compassion. His academic background includes an **M.Sc. and M.Phil. in Yoga**, an MBA in Marketing, and a B.Sc. in Computer Science. He has trained more than 1000 individuals, helping them achieve balance, clarity, and improved well-being through traditional yogic practices. Jai Ji is an expert in Kalaripayattu, the traditional Indian martial art, Mudras and Pranayama, Sound Healing, Acupuncture and Naturopathy. He works closely with cancer patients, offering integrative healing support combining yoga, breathwork and energy-based therapies.

This session promises a journey into stillness, vitality, and self-awareness through the healing resonance of the chakras.

SUGUNA ANUMOLU



HEALTH & ECOLOGY



KINGA PAPP



EMBRACE YOUR TIME TO THRIVE:
A Midlife Awakening



14th August 2025 | 10:15 am
Ballroom, Madras Club



SHOBHA JESUDASEN INVITES YOU TO A HEALTH & ECOLOGY MEETING

Date: Thursday | 14th August

Time: 10:15 am

Venue: Ballroom, Madras Club

8, Adyar Club Gate Road

R.A. Puram,

Chennai 600 028

EMBRACE YOUR TIME TO THRIVE: A Midlife Awakening

We believe there's a perfect time to thrive, yet midlife often challenges us with changes that make us question whether our time has passed. But deep within, we know that life remains bountiful and exciting—even after 50, 60, and beyond.

We're thrilled to welcome **Kinga Papp**, a global voice in women's wellness, leadership, and midlife empowerment. With expertise in health psychology, functional nutrition, and movement therapy, Kinga helps women reconnect with their bodies, reclaim vitality, and realign with purpose.

Beyond wellness, Kinga is a seasoned leadership mentor. Her programs blend **emotional intelligence with feminine leadership**, empowering women to lead with clarity and authenticity.

Let us join her for a **transformative session** where you'll learn how to reconnect with your body, nurture your vitality, and unlock untapped resources and hidden strengths within your **feminine force**.

This session will provide you with practical tools to thrive and live a soul-fulfilling life at every stage.

Club dress code: Ladies to be decorously attired.
Faded or torn jeans not acceptable



ARTS & HANDICRAFTS



DIVYA JAYASHANKAR

BREWTIFUL ART

19th Aug 2025 | 10:15 am
Beachville Coffee Roasters

SHEFALII DADABHOY

ANJALI SACHETI

ARTS & HANDICRAFTS



Date: Tuesday | 19th Aug

Time: 10:15 am

Venue: Beachville Coffee Roasters

99 St. Marys Road

Subbaraya Avenue

Vidhya Thirtha Nagar, Alwarpet

Chennai 600 018

This is a warn-in meeting for 30 members. Please Whatsapp Shefalii (9789889955) or Anjali (9884056000) to confirm your presence.

BREWTIFUL ART

There is something special about starting the day with the inviting aroma of a filter kappi, and sharing stories with friends while sipping a rich, heart-warming coffee. Now imagine adding one more dimension to this experience where you can create beautiful works of coffee art with friends!

Divya Jayashankar, the founder of Beachville Coffee Roasters, has arranged a special meeting for our members where we can do just this.

The morning begins with a **coffee tasting session** with different roasts. This will then be followed by a painting session using coffee as the medium.

Painting with coffee is a great way to get a feel for coffee, especially when we use different roasts and different origins. Each of these coffee paints will be different in weight and colour, adding an interesting dimension to the painting session.

Led by **Anitha Mathivanan**, a doodle artist who has dabbled in this field, members will create their own monochromatic paintings which they can take home.

SHEFALII DADABHOY

ANJALI SACHETI



MUSIC & PERFORMING ARTS



MAALAVIKA MANOJ (MALI)

MALI,
IN HER OWN WORDS

25th August 2025 | 10:15 am
Madras Cricket Club

PARVATHI NAYAR

NIRMALA RAJA

MUSIC & PERFORMING ARTS



Date: Monday | 25th August

Time: 10:15 am

Venue: Silver Duck Party Hall (2nd floor)

Madras Cricket Club (MCC)

No. 1, Bells road, Chepauk,

Chennai 600 005

There is valet parking assistance. There are two lifts at the entrance, IWA members will be helped.

MALI, IN HER OWN WORDS

Step into the creative world of **Mali**—singer, songwriter, and storyteller - as she shares her journey of finding a distinct voice in today's evolving music scene. In this intimate unplugged session, Mali will **perform and engage in conversation with Parvathi Nayar**, reflecting on the creation of her unique sound, the challenges of the industry, and her commitment to staying true to her artistic vision. With stories behind songs like Dr. Dust, inspired by explorations of cults and belief systems, Mali reveals how her music is shaped by thought, observation, and personal experience - expressed honestly and powerfully in her own words.

Maalavika Manoj, affectionately called **Mali**, is an **award-winning Indian indie artist** blending vintage and modern sounds. She's collaborated with legends, won an MTV EMA, featured on Fortnite, and performed globally. A Forbes 30 Under 30 honoree, she's Spotify RADAR's first Indian pick and opened for Ed Sheeran, earning acclaim for her soulful, authentic artistry.

Mali is our member **Beena Ram Mohan's** granddaughter.

PARVATHI NAYAR

NIRMALA RAJA



CURRENT EVENTS



KANIMOZHI KARUNANIDHI

WOMEN IN POLITICS

26th August 2025 | 10:15 am
E Hotel, Express Estates

KAUSALYA SANTHANAM

KIRSTINE KAASGAARD

CURRENT EVENTS



Date: Tuesday | 26th August

Time: 10:15 am

Venue: E hotel,

Gate No.1, Express Avenue Mall,

Patullos Road, Express Estates, Royapettah,

Chennai 600 002

WOMEN IN POLITICS

Join us for an extraordinary morning to hear an enlightening and experiential talk on “Women in Politics” by **Kanimozhi Karunanidhi**, Member of Parliament, Deputy General Secretary of the Dravida Munnetra Kazhagam (DMK), and one of the leading women politicians in the country today. With a remarkable political lineage, she has carved a distinct identity for herself as a woman and a politician, traversing the hurly burly world of politics, a sphere that is essentially still a man’s world.

Why are there such few women in politics? What is it that impedes their participation, evolution and progress?

In her words: In a nation that invokes women power at every cultural and political opportunity, the absence of women in the corridors of power is ironic and deeply troubling. It reveals a deep hypocrisy — celebrating feminine strength while denying women real power. There is a systemic and structural discrimination that women face, which prevents them from active participation in the political sphere...Even if some women challenge these norms, many of them face character-assassination, gender based violence, lack of family support or institutional support. The political space needs to be just, inclusive and equal for all participants, irrespective of gender. The ability to effect change and policy reforms will be enriched if women are made equal partners in political decision making.

What are the talents required and what are the strengths that see one through?

Hear it all from a woman born to privilege but who still has had to persevere to gain her own place in the sun. Filled with insights and sharp observations, this talk promises to tell you what it can take to scale the heights and leave an impact.

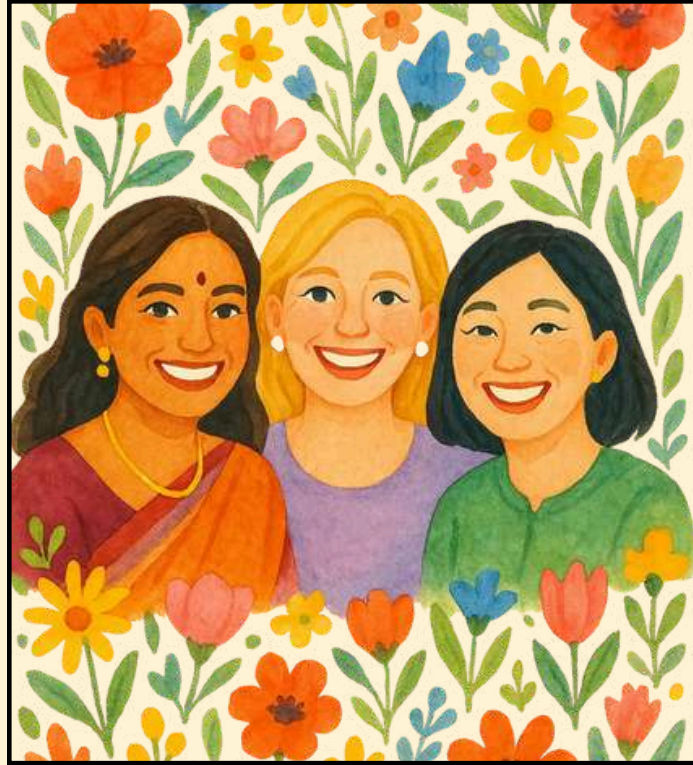
Kanimozhi is the author of several literary works which have been translated into English, Malayalam, Telugu and Kannada.

KAUSALYA SANTHANAM

KIRSTINE KAASGAARD



IWA MEMBER'S SPEAK SERIES COOKING SWAPSHOP



Era Kalra
Poonam Lalchand
Rohini Gopinath

SAVOUR AND FLAVOUR

28th August 2025 | 10:15 am
Somna Sachdev's Residence

ANURADHA UBEROI

ROHINI TUMMALA

COOKING SWAPSHOP



Date: Thursday | 28th August

Time: 10:15 am

Venue: Somna Sachdev's residence

20, 4th Lane (Same lane as MOP Vaishnav College)
Nungambakkam,
Chennai 600 034

Please note: Valet Parking will be available

SAVOUR AND FLAVOUR

IWA Member's Speak Series - Cooking Swapshop

We are excited to invite you to a special meeting where three talented members will be sharing their favourite recipes and cooking techniques.

Meet Our Demonstrating Chefs:

Era Kalra

Poonam Lalchand

Rohini Gopinath

We thank Shefali, Anupama Pasari, Amita Bhatia, Nisha Bakshani, Anita Bhatia, Rachita Chaudhary, Pooja Chhabria and Geetha Muthuswamy for bringing their signature dishes for us to savour.

Ladies, lunch will be served after the demonstrations.

We thank our **President Somna Sachdev** for hosting this meeting.
We look forward to a delightful morning.

ANURADHA UBEROI

ROHINI TUMMALA

SPECIAL MEETING

Date: Saturday | 30th August

Time: 6:30 pm

Venue: Hotel ITC Grand Chola,
63 Mount Rd, Little Mount
Guindy,
Chennai 600 032

This is a warn-in meeting open to 50 members with spouses(100 seats). Please warn-in on Whatsapp with Geetha Muthusamy (93804 24699) before August 25th.

IWA members who are already on Ignition or Hemu's invitation list, please warn-in directly with them and not with Geetha.

IGNITION

You are invited to an exclusive **literary evening** hosted by award winning journalist **Shoma Chaudhary** for **Ignition** on August 30th at Hotel ITC Grand Chola. Join us for a stimulating session featuring:

Amish Tripathi who talks on The Age of Bharat, his ambitious new project — an AAA global video game that combines gaming with mythological storytelling in collaboration with Amitabh Bachchan and a French company. Today, Gaming is bigger than movies, books, music and theatre combined and has become a huge market for soft power. Amish will be discussing his new book **The Chola Tiger** and sharing his conception of merging history, fiction, mythology and modernity.

Mallika Ravikumar who talks on her book **565- The Dramatic Story of Unifying India**, the thrilling and untold story of how India raced against the clock to unify its princely states ahead of Independence — 565 kingdoms in 50 days. Enjoy her stories and insights about how the Indian nation was forged.

Registration and cocktails begin at **6:30 PM**, followed by the program at **7:00 PM**. High tea and drinks will be served during the break.

We thank our member **Hemalatha Ramaiah** for facilitating this event for us.

OUR MANAGING COMMITTEE

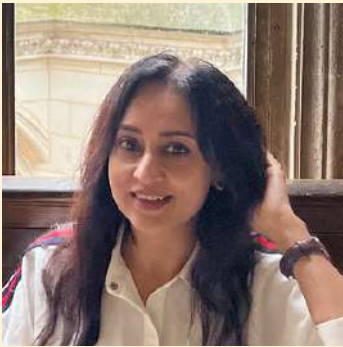


SOMNA SACHDEV

PRESIDENTS



JINA PARK



DEEPAI GOYAL

VICE PRESIDENTS



GEETHA MUTHUSAMY



NIRUPA
SUNDARAVADANAN

SECRETARIES



CATHERINE REDDY



SHEETAL PARAKH

TREASURERS



KYOKO KAWAGUCHI



OUR EXECUTIVE COMMITTEE



SHEFALII DADABHOY

ARTS & HANDICRAFTS



ANJALI SACHETI



ROSHAN PONCHA

BOOK DISCUSSION



PAOLA PIGNATARO



ANURADHA UBEROI

COOKING SWAPSHOP



ROHINI TUMMALA



KAUSALYA SANTHANAM

CURRENT EVENTS



KIRSTINE KAASGAARD



OUR EXECUTIVE COMMITTEE



SUCHITRA GIRISH

HEALTH & ECOLOGY



ARTHI BEZAWADA



RAJSHRI LINESH

HISTORY, CULTURE & TOURS



MAHIMA PODDAR
AGARWAL



PARVATHI NAYAR

MUSIC & PERFORMING ARTS



NIRMALA RAJA



SUGUNA ANUMOLU

PHILOSOPHY & RELIGION



MEETING GALLERY

CURRENT EVENTS



MEETING GALLERY

HISTORY, CULTURE & TOURS



MEETING GALLERY

BOOK DISCUSSION



MEETING GALLERY

HEALTH & ECOLOGY



MEETING GALLERY

PHILOSOPHY & RELIGION



MEETING GALLERY

FOUNDER'S DAY



MEETING GALLERY

FOUNDER'S DAY



MEETING GALLERY

FOUNDER'S DAY



MEETING GALLERY

FOUNDER'S DAY



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FOUNDER'S DAY



MEETING GALLERY

FOUNDER'S DAY



MEETING GALLERY

MUSIC & PERFORMING ARTS



MEETING GALLERY

ARTS & HANDICRAFTS



IWA HELPLINE

NOT RECEIVING NEWSLETTER BY EMAIL OR IDN

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

Deepali Goyal | 98404 42260 | deepali_gyl@yahoo.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

Kyoko Kawaguchi | 88078 18719 | kyonn1152@gmail.com

CHANGE IN DIRECTORY DETAILS

(Address | email | phone | mobile)

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

NEWSLETTER ANNOUNCEMENTS

Deepali Goyal | 98404 42260 | deepali_gyl@yahoo.com

MEETING SUGGESTIONS

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

Jinhwa Park | 89258 52547 | schneemonat@gmail.com

HOSTING A MEETING

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

Jinhwa Park | 89258 52547 | schneemonat@gmail.com

Deepali Goyal | 98404 42260 | deepali_gyl@yahoo.com

Please call between 10.00 am & 6.00 pm Monday to Saturday



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 Vijayaraghava	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
2024-2025	Sadiya Khaleel	Stefanie Andruchowitz

IWA REGISTERED OFFICE

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