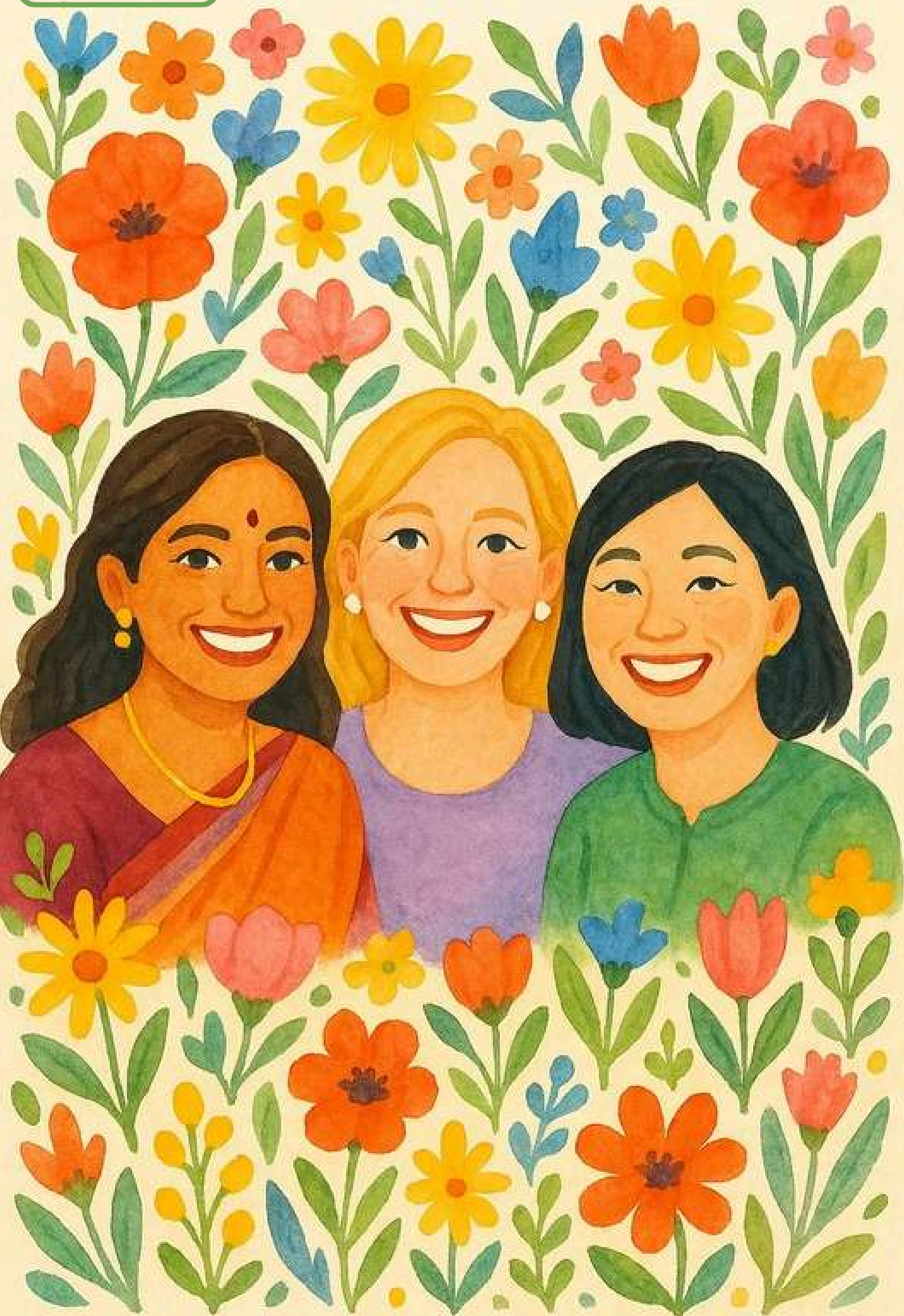




OCTOBER 2025



Happiness grows where friendship flows



OCTOBER AT A GLANCE

3
Fri 10.15 am International Music Day Madras Club

6
Mon 10.00 am Managing Committee
11.00 am Executive Committee Zoom

7
Tue 10.15 am History, Culture & Tours Kausalya Devi's Residence

11
Sat 3.30 pm Diwali Mela MRC Hall

14
Tue 10.15 am Cooking Swapshop Restaurant Khaas, Egmore

16
Thu 10.15 am Arts & Handicrafts Ashvita's Gallery

24
Fri 10.15 am Current Events Leela Palace

28
Tue 10.15 am Health & Ecology Zoom



FROM THE PRESIDENTS

Dear Friends,

October is here, and with it, a season of sparkle, joy, and togetherness! Let's celebrate in true IWA style.

3rd October – International Music Day at Shamiana at Madras Club

A morning of melodies and memories as we honor the cherished legacy of our dear Nirmal Seshadri. A heartfelt thank you to **Banu Singh** for generously sponsoring this event.

9th October – Nominations Open

A special chance to welcome extraordinary women into our circle and make IWA shine even brighter.

11th October – Diwali Mela at MRC Hall

The highlight of our season! An evening of vibrant colors, laughter, and friendship as we celebrate the festival of lights. This promises to be an evening you'll always remember.

And there's more!

Our Activity Chairpersons have planned a month filled with inspiration, fun, and fellowship to keep the festive spirit glowing.

Here's to love, laughter, and lasting memories. We can't wait to celebrate with you all month long!

In friendship,

Somna Sachdev & Jina Park



FROM THE MEMBERSHIP SECRETARY

Dear Friends,

If you are planning to sponsor a worthy candidate for IWA membership this year, please be present with all the necessary documents **on Thursday, 9th October 2025 between 10 am and 12 pm at Madras Boat Club**, 3rd Avenue, Boat Club Road, Chennai 600 028.

Please check the September newsletter for more details on sponsoring a candidate. In addition to all the documents mentioned in the September newsletter, please make sure that a **passport size photograph** of the candidate is also included.

Incomplete applications will not be accepted.

The sponsor and/or co-sponsor should carry these documents to the stated venue and hand them over personally.

We look forward to this wonderful opportunity to add talented personalities to our vibrant organization.

Thank you,

Nirupa Sundaravadanan



FROM THE MEMBERSHIP SECRETARY

Change of Address

Fharzana Siraj

**1A Chaitanya Camden Apartments,
No.5 Victoria Crescent Road (Dr P V Cherian Road),
Egmore, Chennai 600008**

Nirupa Sundaravadanan



IN FOND REMEMBRANCE



LATHA BARATAN

MEMBER SINCE 1996

Always remembered,
deeply missed,
eternally loved.

We express our deepest condolences
to the family of
Latha Baratan

**MAY HER SOUL FIND
PEACE AND COMFORT**



IN FOND REMEMBRANCE



MEENAKSHI ARUNACHALAM

MEMBER SINCE 2004

A beacon of kindness,
a pillar of strength,
a light for generations.

We express our deepest condolences
to the family of
Meenakshi Arunachalam

**MAY HER SOUL REST IN
EVERLASTING PEACE**



HEARTFELT CONDOLENCES

Our heartfelt condolences to
Gita Vasudevan
on the loss of her dear husband

Our heartfelt condolences to
Bimla Batla
on the loss of her dear husband

Our heartfelt condolences to
Suguna Anumolu
on the loss of her dear mother



HEARTIEST CONGRATULATIONS

Heartiest congratulations to
Sushila Natraj

for securing Runners-Up position in the Ladies Pairs event at the EA International Bridge Championships 2025. We applaud your outstanding contribution and tireless dedication to promoting the sport.

Heartiest congratulations to
Nina Kothari

on being named among Tamil Nadu's most influential leaders in sugar manufacturing. This recognition is a testament to your vision, perseverance, and impactful leadership in the industry.

Heartiest congratulations to
Renu Sabanayagam

for breathing new life into retired kolu dolls and beautifully restoring their spirit and purpose. What a beautiful way to honour culture and craft!

Heartiest congratulations to
Amulya Rao

for securing second place at the Mixed Pairs event at the EA International Bridge Championships 2025. You set a high standard of excellence within the Bridge community.

Heartiest congratulations to
Nabila Avais

on being elected as the Honorary Assistant Secretary of Anjuman-e-Himayath-e-Islam, Chennai. Wishing you great success in strengthening the institution's vision and community impact.





**INTERNATIONAL
MUSIC DAY**

**3rd October 2025 | 10:15 am
Madras Club**

**SOMNA SACHDEV & JINA PARK
The Managing and Executive Committees**

PRIYA ASOKAN INVITES YOU TO CELEBRATE INTERNATIONAL MUSIC DAY

Date: Friday | 3rd October

Time: 10:15 am

Venue: Shamiana, Madras Club

Address:

Shamiana, Madras Club

8, Adyar Gate Club Road

R.A Puram,

Chennai - 600018

Please note: The meeting will be followed by a high tea.

INTERNATIONAL MUSIC DAY

Priya Asokan warmly invites you to celebrate International Music Day.

We are delighted to introduce the exceptionally talented **I.V. Mudra**, a passionate and dedicated **10-year-old pianist**, who has been immersed in music since the age of 5. A highlight of Mudra's journey was her prestigious performance at the **Indian President's House**, a milestone that affirmed her growing recognition in the world of music.

On this occasion, the **IWA Music Award** will be presented in memory of **Nirmal Seshadri**, founding member of IWA, ardent supporter of the arts, and a devoted patron of young talent. Though her presence is deeply missed, we are certain she would have been proud of this year's awardee.

We sincerely thank the Music Committee, led by **Jeyasree Ravi** with **Priya Asokan, Nita Reddy, Tulsi Reddy** and **Banu Singh**, for their dedicated efforts in bringing such exceptional talent to IWA.

Our thanks to **Sushila Nataraj** for her support with the citation.

Please join us in celebrating the power of music and the brilliance of a rising star.

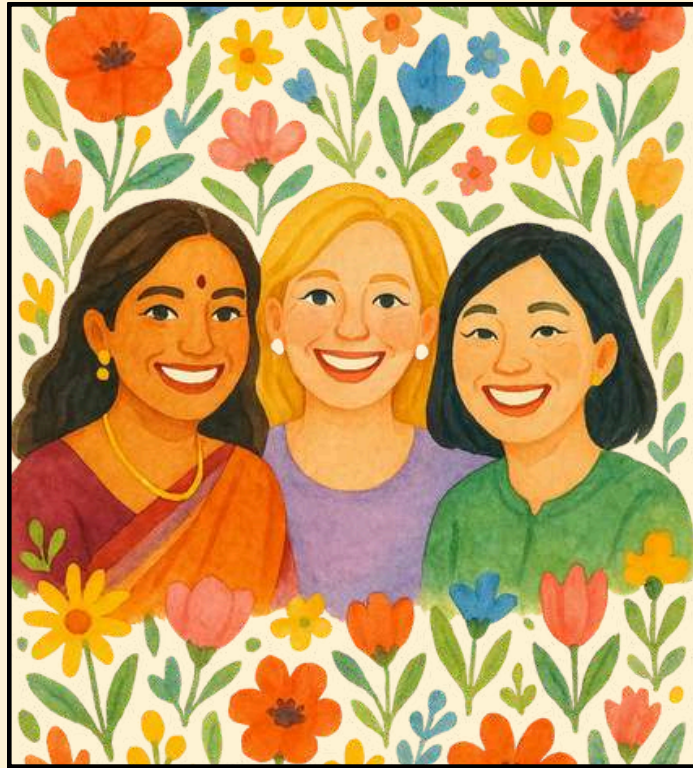
Members only

Club Dress Code Ladies:

To be decorously attired. Faded or torn Jeans are not acceptable.



IWA MEMBER'S SPEAK SERIES HISTORY, CULTURE & TOURS



Pushpa Chari
Rani Chada
Sushila Natraj



TAPESTRIES OF TIME

Weaving Stories of Survival, Craft, and History

7th October 2025 | 10:15 am
Kausalya Devi's Residence

RAJSHRI SUNDRANI

MAHIMA PODDAR

HISTORY, CULTURE & TOURS



Date: Tuesday | 7 October

Time: 10:15 am

Venue: Kausalya Devi's Residence

Address: PH/3rd Floor, Le Grand Trianon
16/33 Kasturi Ranga Road,
Chennai 600 018

Please note: Valet parking will be available

TAPESTRIES OF TIME

Weaving Stories of Survival, Craft, and History

IWA Member's Speak Series - History, Culture & Tours

We're delighted to welcome you to a special gathering where three of our own members will share stories and insights close to their hearts!

Rani Chada

Face-to-Face with Dacoits: A Night in Bihar

A personal story of living in 1970s Bihar and surviving a terrifying dacoit encounter — a tale of crime, courage, and resilience.

Pushpa Chari

Around the Craft World in Ten Minutes

A breathtaking sweep through India's 6,000-year craft tradition — where history, mythology, and artistry come alive in objects of rare beauty.

Sushila Natraj

When History Leaves the Classroom

A reflection on how history has faded from higher education — and what we lose when we stop teaching the subject that helps us understand ourselves.

A morning of survival, splendour, and spirited reflection awaits — so come, pull up a chair, and let's lose ourselves in stories stitched with grit, craft, and memory!

RAJSHRI SUNDRANI

MAHIMA PODDAR



DIWALI MELA

11th October 2025 | 3:30 pm
MRC Hall

SOMNA SACHDEV & JINA PARK
The Managing and Executive Committees

DIWALI MELA

Date: Saturday | 11th October

Time: 3:30 pm - 6:30 pm

Venue: Mayor Ramanathan Chettiar Hall

**75/2, Santhome High Road,
Mandavelipakkam, RA puram
Chennai - 600028**

Dearest Members,

It's that magical time of year when lights twinkle, colours dazzle, and laughter fills the air!

We warmly invite you to an evening that promises joy, sparkle, and festive cheer all around.

We are deeply grateful to our dear member, **Visalakshi Ramaswamy**, for graciously hosting the IWA Diwali meeting at Mayor Ramanathan Chettiar Hall year after year. Your generosity and kindness are truly cherished.

Highlights of the Evening

- A spectacular Kathak performance with Bollywood rhythms
- Festive shopping – clothes, jewellery, stationery, food, home décor & more
- Bangle & Mehendi Stalls
- IWA Khazana Stall
- 360° Photo Booth
- Lucky Draw with exciting prizes
- Scrumptious Hi-tea

Dress Code: Diwali Sparkle / Festive Glam (Bring out your brightest and finest – it's an evening to shine!)

Guest Charges: Rs. 1000 (Guests must be accompanied by a member). Please contact anyone from the committee for tickets. Tickets are also being sold at the meetings.

Let's light up this Diwali together with happiness, sparkle, and warm friendship.

With festive wishes,

Somna Sachdev & Jina Park



COOKING SWAPSHOP



Sommelier Balasubramaniam

SPICE AND VINE

Exploring Fine Wine Pairings with Indian food

14th October 2025 | 10:15 am
Restaurant Khaas

ANURADHA UBEROI

ROHINI TUMMALA

COOKING SWAPSHOP



Date: Tuesday | 14th October

Time: 10:15 am

Venue: Restaurant Khaas

10th floor, Briley One, Ethiraj Salai,
Egmore, Chennai - 600 008

Please note: Valet parking will be available.
There is a flight of stairs in the restaurant.

SPICE AND VINE

Exploring Fine Wine Pairings with Indian food

Join us for a delightful gathering at Restaurant Khaas, where we'll take in a stunning panoramic view of the city.

We'll be treated to a captivating talk by renowned sommelier, Balasubramanian, who will share expert insights on:

How to pair the right wines with local cuisine

The appropriate glassware for different types of wine

What it truly takes to be considered a wine connoisseur

After the talk, we'll indulge in a sumptuous lunch, perfectly curated specially for you.

We look forward to a morning of fine taste, engaging conversation, and great company!

ANURADHA UBEROI

ROHINI TUMMALA



ARTS & HANDICRAFTS



Ashvin E. Rajagopalan

MADRAS' ROLE IN ART HISTORY

16th October 2025 | 10:15 am
Ashvita's Gallery

SHEFALII DADABHOY

ANJALI SACHETI

ARTS & HANDICRAFTS



Date: Thursday | 16th October

Time: 10:15 am

Venue: Ashvita's Gallery

4, 2nd Street, Dr Radha Krishnan Salai, Mylapore,
Chennai - 600 004

Please note: The meeting, with the walkthrough, will conclude at 12pm.

MADRAS' ROLE IN ART HISTORY

In the annals of contemporary Indian art, Madras played a significant role in shaping Indian Modernism. KCS Paniker, the formidable personality who spearheaded the Madras Art Movement said, "Creative art begins with dissatisfaction at present syntheses."

Join us for a talk with **Ashvin E. Rajagopalan** as we learn more about this interesting modern art movement, that married Indian philosophy and heritage with abstract forms.

Ashvin, the **Director of Ashvita's gallery** (Chennai) and **Director and Chief Curator at the Piramal Museum of Art** (Mumbai), is known for his curation of exhibitions focused on modern art movements originating in South India.

Ashvin will also share insights on current trends in the art world and tips on how to engage with living artists.

The meeting will conclude with a walkthrough of the gallery.



CURRENT EVENTS



Kartick Satyanarayanan

THE ELEPHANT IN THE ROOM

Saving Elephants - One Bani at a time

24th October 2025 | 10:15 am
The Leela Palace



KAUSALYA SANTHANAM

KIRSTINE KAASGAARD

CURRENT EVENTS



Date: Friday | 24th October

Time: 10:15 am

Venue: The Leela Palace,
Diya Hall, 11th Floor,
Adyar Seaface, MRC Nagar,
Chennai 600 028

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

THE ELEPHANT IN THE ROOM

Saving Elephants - One Bani at a time

Come hear **Kartick Satyanarayan, Co-founder & CEO of Wildlife SOS**, share powerful stories from his 30-year mission to protect India's elephants.

From daring rescues to the daily battles of conservation, Kartick's talk brings you up close with baby elephant Bani—a nine-month-old calf who survived a train accident and now symbolises hope for elephants everywhere.

With **gripping photos and videos from the field**, Kartick will reveal how his team rescues elephants, fights poaching, transforms poachers into protectors, and works to reduce human-elephant conflict.

Featured in **National Geographic's "India's Jungle Heroes"**, Kartick is a **TED Fellow** and recipient of global conservation awards, with talks delivered from the **House of Lords to the European Parliament**.

A morning of stories, struggles, and hope—for elephants and for us.

KAUSALYA SANTHANAM

KIRSTINE KAASGAARD



HEALTH & ECOLOGY



Saurabh Bothra

From Caring for Mum to
Inspiring Millions:
A Habit Forming Wellness Revolution

28th October 2025 | 10:15 am
Zoom

SUCHITRA GIRISH

ARTI BEZAWADA

HEALTH & ECOLOGY



Date: Tuesday | 28th October

Time: 10:15 am

Venue: Zoom meeting

Please Note - Session starts 10.30 am

From Caring for Mum to Inspiring Millions: A Habit Forming Wellness Revolution

From helping his mum to inspiring over 10 lakh people worldwide, **Saurabh Bothra's** wellness revolution has become a daily ritual for thousands logging in every morning. An **IIT graduate** and **yoga teacher**, he founded **HaBuild**—a habit-building platform that began as a personal mission and has now grown into a community reaching millions. Blending his engineering expertise with yoga wisdom, Saurabh makes healthy living feel simple, sustainable, and doable for everyone.

Saurabh will speak about the power of building habits and why consistency is the true key to wellness. Drawing on his journey of creating a platform that nudges people to “just show up,” he will share insights on how small, steady steps matter more than grand gestures in transforming health and wellbeing.

Come ready for an inspiring, practical, and delightfully engaging session with a speaker who makes wellness feel fun.

SUCHITRA GIRISH

ARTI BEZAWADA

OUR MANAGING COMMITTEE

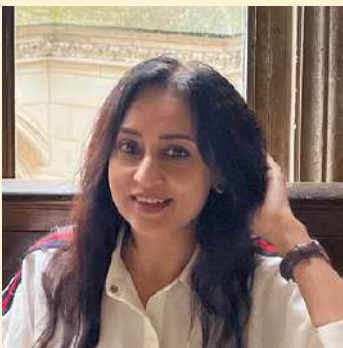


SOMNA SACHDEV

PRESIDENTS



JINA PARK



DEEPALI 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 LINESSH

HISTORY, CULTURE & TOURS



MAHIMA PODDAR
AGARWAL



PARVATHI NAYAR

MUSIC & PERFORMING ARTS



NIRMALA RAJA



SUGUNA ANUMOLU

PHILOSOPHY & RELIGION



MEETING GALLERY

HISTORY, CULTURE & TOURS



MEETING GALLERY

PHILOSOPHY & RELIGION



MEETING GALLERY

HEALTH & ECOLOGY



MEETING GALLERY

BOOK DISCUSSION



MEETING GALLERY

COOKING SWAPSHOP



MEETING GALLERY

PHILOSOPHY & RELIGION



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

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