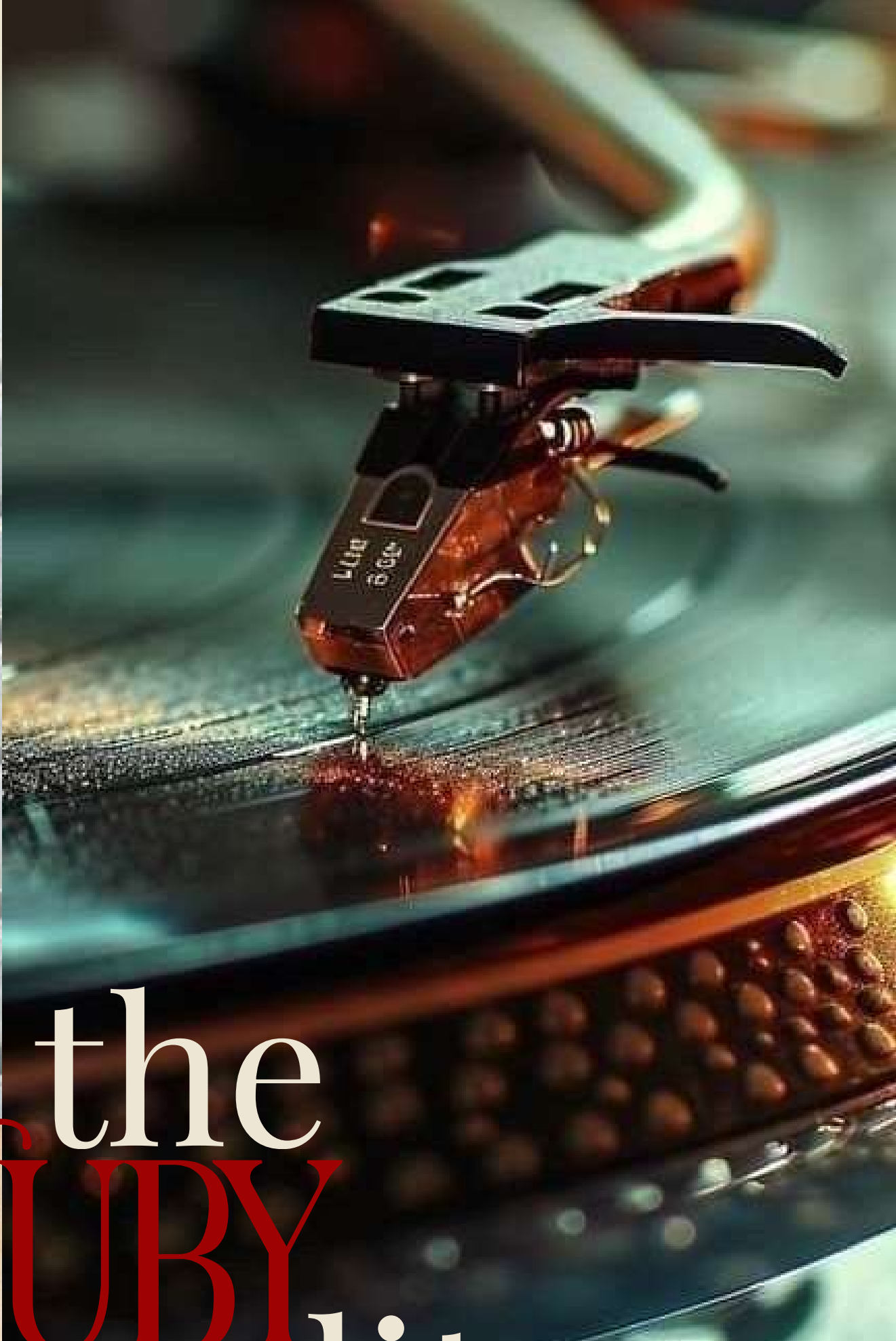
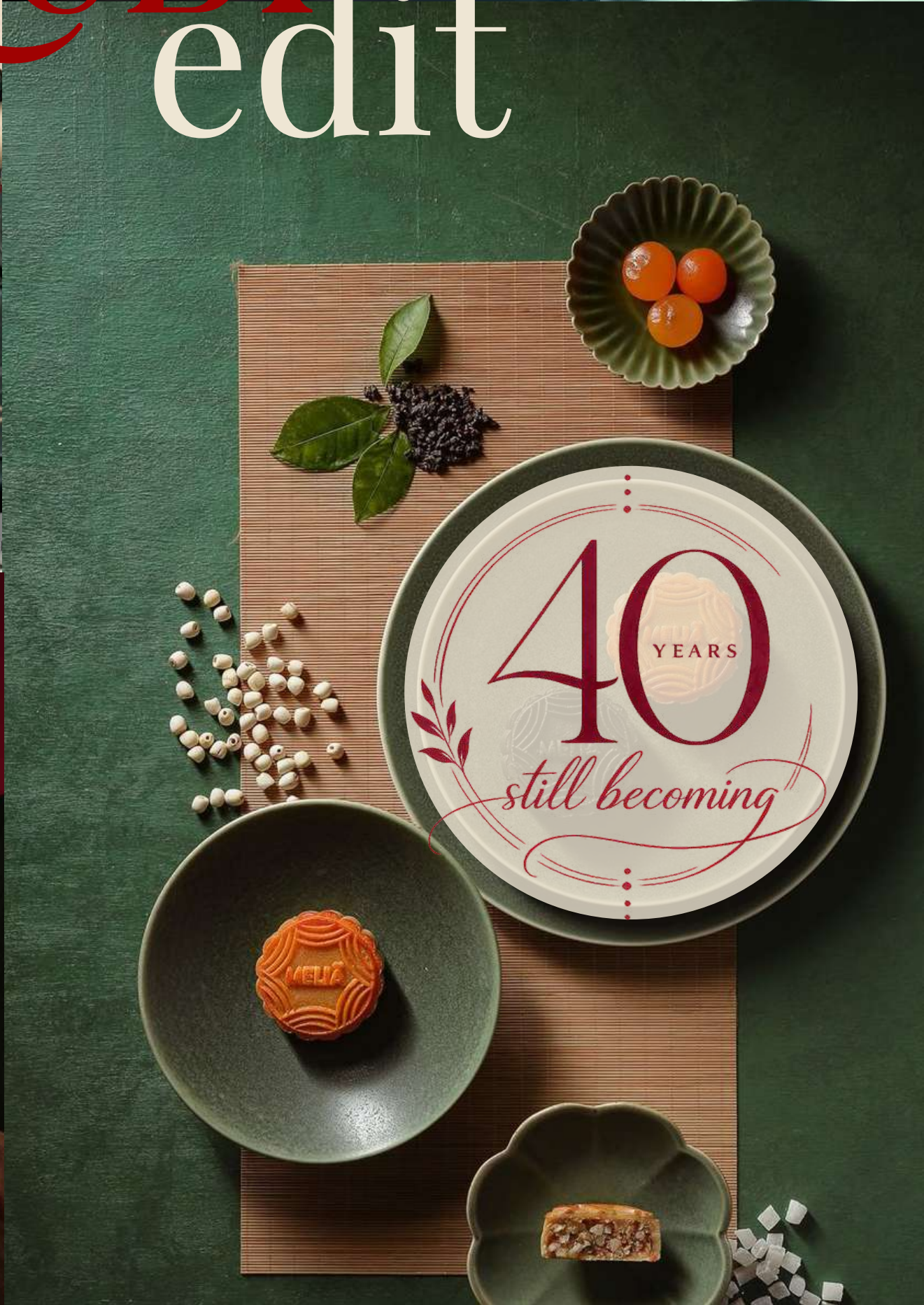




AUGUST 2026



the RUBY edit



August AT A GLANCE

This August, we celebrate India’s extraordinary diversity through culture, conversation, wellness and shared experiences. Let’s explore the many stories that make **India, infinite.**

04 **Chapter One: The Joy of Play with Kreedā**
TUE History, Culture & Tours
Chettinad Social | 10:15 am



07 **Chapter Two: Design Immersion at Nilaya**
FRI Arts & Handicrafts | **Mumbai Day Trip**



08 **Chapter Three: Threads of Continuity**
SAT Arts & Handicrafts
Welcomhotel | 10.30 am



11 **Chapter Four: A Walk of Silence**
TUE Philosophy & Religion
Theosophical Society | 9 am



Click on the  to go to the meeting page.



August
AT A GLANCE

Under this banner,
the ‘**Chapters**’ tell many stories of India
through different lenses,
giving the entire month beautifully curated identity.

13
THU

Chapter Five: The Longevity Blueprint with
Dr. Prarthana Venkatesh
Health & Ecology | **Westminster** | **3:30 pm**



20
THU

Chapter Six: Leadership Conversations
with **MD of Vikatan**
Current Events | **The Park** | **10:15 am**



31
MON

Chapter Seven: Harmony at Mehfil-E-Eid
Board Event | **Amir Mahal** | **10:15 am**



Click on the  to go to the
meeting page.



from the **PRESIDENTS**

Dear Members,

July was a wonderful celebration of connection, creativity and community. A heartfelt **thank you** to our **Activity Chairs** for curating such engaging experiences, and to each of you for bringing them to life with your enthusiasm.

As we celebrated IWA's 40th year, we **paid tribute to the seven visionary women who laid the foundation** for this remarkable journey. A sparkling highlight was our 40th year Ruby Founders' Day planned as a Broadway Morning with **Ruby Rhapsody**, a musical celebration of IWA's journey through the years, entirely conceptualised, written and presented by the **immensely talented and multifaceted Sushila Natraj**. It brought together voices across generations making our Founders Day celebration truly inclusive, heartfelt and unforgettable. Equally memorable was **Red Hott with Scarlet**, a witty and engaging production, **brilliantly scripted** by the ever-meticulous **Tehnaz Bahadurji** and **deftly directed** by **Sherry Batliwala** brought to life with flair by our Past Presidents **Jeyasree Ravi, Malini Krishna, Ritu Sahi, Sadiya Khaleel, Seema Bhargava** and **Vidya Singh**. It had the audience laughing and applauding in equal measure.

Our **sincere thanks** to **Mansha Bhatia and Sushila Natraj** for their generosity in **sponsoring the celebration**.

As The Ruby Edit – Still Becoming continues, we now turn the page to **India, Infinite - our August theme** celebrating the stories, traditions and cultures that make India extraordinary and we look forward to exploring the richness of our country together.

We also invite you to **embrace the theme through your attire** by wearing chikankari, block prints, ikat, kalamkari, khadi and other traditional weaves that celebrate India's textile heritage. Here's to another month of discovery, friendship and the many stories that continue to shape us. We look forward to seeing you.

Forty years of friendship. Still becoming.

With warmth,
Deepali Goyal & Swati Reddy

from the
TREASURERS

IWA		
RECEIPTS & PAYMENTS ACCOUNT FOR THE PERIOD		
1st April '2026 To 30th June '2026		
RECEIPTS	Amount	Amount
To Opening Balance -Cash on Hand	2275.00	
To Opening Balance-Canara Bank SB1287101014396	110213.00	
To Opening Balance - Current A/c	333064.00	
To Opening Balance -Fixed Deposits with Canara Bank	1279869.00	
Sub Total		1725421.00
To Membership Annual Subscription fee		2975000.00
To New Membership fee		21000.00
To Interest on Fixed Deposits		22144.00
To Interest on Savings Bank Interest		1773.00
To Guest Charges		10593.12
To GST payable(Balance Sheet)		542590.11
To Telephone Directories		7796.67
To Other Income		3162.00
To Refund Received from ITC Hotels Ltd		8892.00
	TOTAL	5,318,372
PAYMENTS		Amount
By AGM Expenses 2025-26 (Excluding GST input)		208450.00
By Meetings (with GST)		265972.00
By Fellowship Morning		328984.00
By Printing and Stationary(with GST)		2964.00
By Conveyance and IWA Telephone Charges		3985.00
By Office Rent (with GST)		10620.00
By Legal and Professional Fee		21270.00
By Salary to Accountant		36000.00
By Other Receipts Refund		2655.00
By Gift items		95035.95
By Bank Charges		1618.00
By GST paid Q1	194,474.00	
By Closing Balance-Cash on Hand	26,980.00	
By Closing Balance-Canara bank Savings Bank A/c 1287101014396	529,155.00	
By Closing Balance at Current Account	2,301,678.05	
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-1287401006192/9(MD 28.03.2026)	250,000.00	
By Closing Balance-Fixed Deposits-1287303000637/(MD.26.10.2026)	5,515.00	
By Tax payable (Op. Balance Sheet 2026)	6,500.00	
By Tax Deducted at Source 2026-27	2,162.00	
	Sub Total	4340818.05
Total		5318372.00

MEET OUR TEAM



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PRESIDENTS**



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Managing Committee

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CURRENT
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Activity Chairpersons

MEET OUR TEAM



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HISTORY,
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& TOURS



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PHILOSOPHY
& RELIGION

Activity Chairpersons

In everlasting
REMEMBRANCE



MRS. SHOBHA G MAHTANI
MEMBER SINCE 1987

“Her grace, kindness and warmth will be
remembered by all.
May her soul rest in peace.”



Heartfelt
CONDOLENCES

To our member **Jansi Kishore**
on the loss of her dear mother.

To our member **Vijaya Rangarajan**
on the loss of her dear mother.



HISTORY, CULTURE & TOURS



VINITA SIDHARTHA

The Joy of Play

Tue | 4th August | 10:15 am

The Chettinad Social

NIDHI THADANI & MAHIMA PODDAR



Date: Tuesday, 4th August
Time: 10:15 am
Venue: The Chettinad Social
1st Floor, Ispahani Centre
Nungambakkam High Road,
Chennai 600034



This is a **warn-in** meeting limited to **50 seats**.
Kindly warn in on whatsapp with **Nidhi Thadani on 89390 76660** or
Mahima Choudhary 93810 63421

THE JOY OF PLAY

Long before women entered boardrooms, they mastered some of life's greatest skills: strategy, balance, adaptability, resilience, and the art of nurturing relationships. Many of these qualities were quietly cultivated through the traditional games that formed an integral part of our childhood. Join us for a delightful, hands-on morning with **Vinita Sidhartha** as we rediscover beloved **Indian games such as Pallanguzhi, Aadu Puli Aatam, Daadi, Parama Padam, and Five Stones**.

Vinita Sidhartha is the **founder of Kreeda**, an organisation that has spent over two decades reviving **India's traditional games** and bringing this rich cultural heritage to families, schools, and communities. **Through research, storytelling, and immersive experiences**, she has inspired thousands to **discover the profound life lessons hidden within play** while ensuring these timeless traditions continue to thrive.

These are far more than games. They are repositories of timeless wisdom, quietly teaching strategy, patience, resilience, and connection. **The lessons** they impart were never found in textbooks. They were **lovingly passed from one generation to the next** through play. Following a brief introduction to the fascinating stories and deeper significance behind these games, the morning will be devoted to playing them. **Laugh, reminisce, challenge your friends, and rediscover the simple joy of play** as these treasured traditions come alive once again.

Come, let's Kreeda together!

NIDHI THADANI & MAHIMA PODDAR

ARTS & HANDICRAFTS



PAVITHRA RAJARAM

Design Immersion at Nilaya

Fri | 7th August | **Day Trip**

RACHITA CHAUDHARY & MANISHA SINGHEE



Date: Friday, 7th August
Time: Day trip to Mumbai
Venue: Nilaya Anthology
Mumbai

Thank you all for your **overwhelming response**, the **warn-in** for this meeting is **closed**.

DESIGN IMMERSION AT NILAYA An exclusive IWA Cultural experience

Join us for an extraordinary curator-led journey through **Nilaya Anthology** with **Pavitra Rajaram**—Chennai-born design curator, former Creative Director at Good Earth for over two decades, and now the **creative force behind Nilaya Anthology** by Asian Paints. Widely regarded as one of **India's foremost tastemakers**, Pavitra has played a defining role in shaping the way Indian art, craft, and design are experienced and celebrated.

We will then gather for a leisurely celebratory lunch at **The Bombay Canteen**, one of Mumbai's most acclaimed restaurants, where a **specialty curated menu** awaits us. It is the perfect setting to reflect on the day's discoveries, share conversations, and celebrate the joy of experiencing exceptional design together.

Our day continues with an exclusive visit to the **Sabyasachi Art Foundation**, offering rare behind-the-scenes access to one of India's most inspiring creative spaces.

Before departing for Chennai, we will try to conclude our Mumbai sojourn with a quick tea before our flight home.

RACHITA CHAUDHARY & MANISHA SINGHEE

ARTS & HANDICRAFTS



URVASHI KAUR



TILAK REDDY



VINITA PASSARY



THREADS OF CONTINUITY

Craft, Culture & Contemporary Design

Sat | 8th August | 10:30 am

Welcomhotel

RACHITA CHAUDHARY & MANISHA SINGHEE



Date: Saturday, 8th August

Time: 10.30 am

Venue: Welcomhotel by ITC Hotels

Sagari, 8th Floor,

13 Cathedral Road,

Teynampet, Chennai – 600086

This is a **warn-in** meeting limited to **35 members**.

Kindly warn in on whatsapp with **Rachita Chaudhary** on **95000 42397** or **Manisha Singhee** on **98410 35003**

THREADS OF CONTINUITY

Craft, Culture & Contemporary Design

This special panel brings together three distinctive voices in contemporary design. **Urvashi Kaur** explores the future of textiles through handwoven Tussars, Shibori and Leheriya techniques, and her Renew Project, where heirloom Banarasi textiles and production offcuts are transformed into new textiles and garments, extending their life through thoughtful design. **Tilak Reddy** of **Kalam Shastra** preserves and evolves the tradition of Kalamkari, while **Vinita Passary** of **Translate Ikat** India champions the enduring craft of Ikat.

Together, they will share their creative journeys, inspirations, and perspectives on sustaining, evolving, and celebrating India's extraordinary handloom heritage.

Nayaab, Founded and Curated by Rupa Sood has built a vibrant community of designers dedicated to excellence, craftsmanship, and the celebration of India's textile traditions. We thank **Rupa Sood** and **Ketaki Sood** for conceptualising and facilitating this panel discussion.

RACHITA CHAUDHARY & MANISHA SINGHEE

PHILOSOPHY & RELIGION

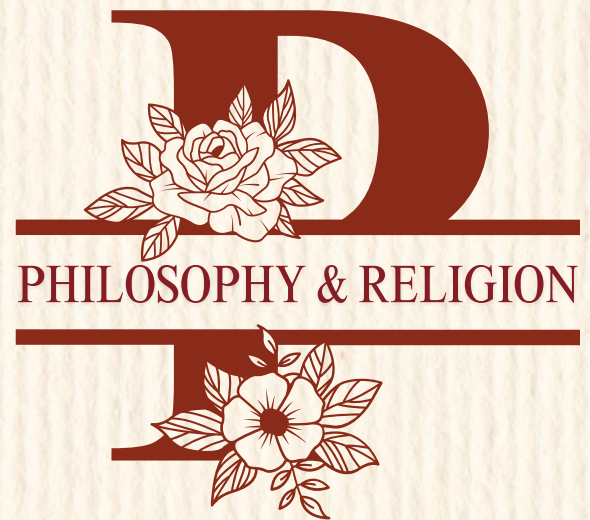


SHIKHAR AGNIHOTRI

A Walk of Silence

Tue | 11th August | 9 am
Theosophical Society

SABAH SHIRAZI & ALINA BURNETTE



Date: Tuesday, 11th August

Time: 9:00 am

Venue: Theosophical Society, Adyar

This is a warn in meeting of 30 ladies. Kindly warn in on whatsapp with **Sabah Shirazi** on **9840068538**

A WALK OF SILENCE

A Morning at the Theosophical Society

Begin at the **Blavatsky & Annie Besant Legacy Point** where **Shikhar Agnihotri** shares the philosophy and vision that shaped this extraordinary campus — followed by a Q&A and a guided meditation of OM chanting and breathing awareness.

Walk, then, to the **Buddhist Temple** for quiet observation and personal reflection. The morning concludes beneath the **Great Banyan Tree** — one of the oldest on the subcontinent — a natural pause to consider what roots us in a world that rarely stops.

A graduate in Nautical Science from Mumbai University, **Mr. Shikhar Agnihotri** spent a decade in Merchant Shipping before answering an inner call to explore life's deeper questions. He joined the Theosophical Society, due to **inspiration from his mother**, in 2008 and has since served as National Lecturer of the Indian Section, International Speaker, and currently as **International Vice-President** on the TS General Council. He has conducted lectures, seminars, and study camps across India, with writings published in journals worldwide. He volunteers full-time at the International Headquarters in Adyar, Chennai, walking the Theosophical path with the conviction that inner transformation is the only way to truly live. He resides here with his wife and daughter.

Please come in summer breathable clothing for a happy morning!

Drop off point : International head quarters

Pick up point : Near the library

SABAH SHIRAZI & ALINA BURNETTE

HEALTH & ECOLOGY



Dr. PRARTHANA VENKATESH

The Longevity Blueprint
The Science of Living Better Longer

Thu | 13th August | 3:30 pm
Westminster

DEEPIKA GOYAL & STEFANIE ANDRUCHOWITZ

Date: Thursday, 13th August
Time: 3:30 pm
Venue: Westminster (2nd Floor of Dakshin)
135 TTK Road,
Alwarpet,
Chennai 600018



THE LONGEVITY BLUEPRINT

The Science of Living Better, Longer

We are living longer than any generation before us - but not necessarily living better. Today, the average woman spends nearly the last decade of her life in poor health.

Join **Dr. Prarthana Venkatesh**, a London-trained surgeon, longevity physician, former McKinsey consultant, and Founder & CEO of Longevita**TM**—for an engaging, evidence-based session on the science of living longer, healthier, and better.

Having trained at some of London's most prestigious institutions, including King's College Hospital and St Thomas' Hospital, Dr. Venkatesh is an **award-winning medical researcher** dedicated to extending healthspan through science-backed longevity medicine. She serves as a **board member** and **medical advisor to leading global longevity clinics** and has worked with governments to develop preventive healthcare protocols.

In this thought-provoking session, she will cut through the noise surrounding biomarkers, supplements, detoxes, women's health, and biological age - **separating science from hype** and translating the latest longevity research into **practical, actionable habits** that can help you add not just years to your life, but life to your years.

DEEPIKA GOYAL & STEFANIE ADROCHOWITZ



CURRENT EVENTS



SRINIVASAN B.



THREE GENERATIONS OF TROUBLEMAKERS
Journey of Vikatan Through the Century

Thu | 20th August | 10:15 am
The Park, Nungambakkam

TULSI REDDY & ARTHI BEZAWADA



Date: Thursday, 20th August
Time: 10:15 am
Venue: Lotus at The Park hotel
Near Gemini Flyover
Nungambakkam High Road,
Chennai 600034

THREE GENERATIONS OF TROUBLEMAKERS Journey of Vikatan Through the Century

Some institutions endure. Others shape the times they live in. Few publications have shaped Tamil society as profoundly as **Ananda Vikatan**, whose influence has **spanned journalism, publishing, literature, and cinema.**

As Ananda Vikatan **celebrates its 100th year**, who better to share the story of this extraordinary journey than **Srinivasan B, grandson of its founder, S. S. Vasan**, and current Managing Director of the Vikatan Group.

In a world where media, technology and audiences have transformed beyond recognition, Vikatan has continued to reinvent itself while **staying true to the values that defined it nearly a hundred years ago.**

As part of this month's **India INFINITE Leadership chapter**, Srinivasan will take us behind the scenes of one of our most well known home grown media institutions. He will **explore what it takes for a publication born in pre-Independence India to remain relevant in the age of reels, AI and digital storytelling.**

Join us for what promises to be a fascinating talk on leadership, reinvention, and the courage to question convention, qualities that continue to keep Vikatan at the heart of Tamil society after a hundred remarkable years.

TULSI REDDY & ARTHI BEZAWADA



MEHFIL-E-EID

31st August | 10:15 am

Amir Mahal

**DEEPALI GOYAL
&
SWATI REDDY**

**Managing &
Executive Committees**



Date: Monday, 31st August
Time: 10:15 am
Venue: Amir Mahal
257 Bharathi Salai, Royapettah,
Chennai-600014

MEHFIL-E-EID

A Morning of Poetry, Friendship & Tehzeeb

Step into a morning of celebration as we mark Eid with the warmth of friendship, the beauty of tradition and the timeless charm of tehzeeb.

Acclaimed author **Satya Prabhakar**, through his celebrated work *Alfaz Ki Mehfil*, will take us on a delightful journey through the language, wit and lyricism of Urdu poetry, bringing alive its grace, romance and enduring appeal.

Adding to the festive spirit, enjoy **pop-up mehndi and bangle corners**, perfect for a touch of Eid sparkle before we gather for a sumptuous celebratory lunch. There will be poetry, laughter, beautiful conversations and plenty of memorable photographs.

To make the morning even more special, we invite each member to bring a **small wrapped gift** for a joyful **Eidi Exchange** - a simple gesture of giving that captures the true spirit of Eid.

Dress Code : Shararas & Sparkle ✨

Think shararas, ghararas, anarkalis, elegant kurtas, festive jewellery and a touch of shimmer!

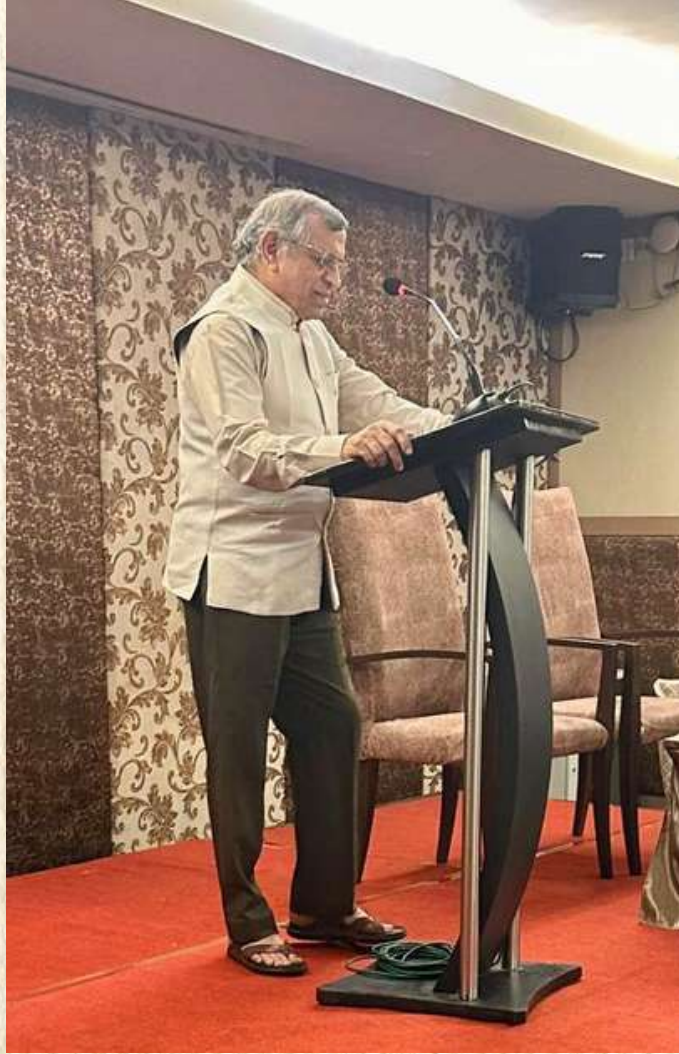
Our heartfelt thanks to our wonderful hostesses:

Zubeida Asgarali, Nabila Avais, Nusret Cassam, Rehane Yavar Dhala, Zainab Kachwalla, Thayaba Kakar, Raheela Karim, Sadiya Khaleel, Bella M. Khaleeli, Badrunnisa Mahadevan, Farida Majid, Bilkis Moosa, Fazeela Nurdeen, Mahvash Sait, Seema Sait, Sabah Shirazi, Farzana Siraj and Naaz Tyebbhoy.

This is a **members-only meeting** followed by a **festive Eid lunch**.

MEETING GALLERY

CURRENT EVENTS



MEETING GALLERY

PHILOSOPHY & RELIGION



MEETING GALLERY

HISTORY, CULTURE & TOURS



MEETING GALLERY

MUSIC & PERFORMING ARTS



MEETING GALLERY

FOUNDERS' DAY



MEETING GALLERY

FOUNDERS' DAY



MEETING GALLERY

FOUNDERS' DAY



MEETING GALLERY

FOUNDERS' DAY



MEETING GALLERY

FOUNDERS' DAY



MEETING GALLERY

COOKING SWAPSHOP





HELPLINE

NOT RECEIVING NEWSLETTER BY EMAIL OR IDN

Roshan Poncha | 98403 50510 | roshanponcha@gmail.com

Sheetal Parakh | 98400 27222 | sheetalparakh@gmail.com

CHANGE IN MEMBERSHIP STATUS OR

LEAVE OF ABSENCE REQUEST

Roshan Poncha | 98403 50510 | roshanponcha@gmail.com

ATTENDANCE RECORD OR BYE-LAWS COPY

Nirmala Raja | 97891 11000 | pvnirmala_raja@me.com

CHANGE IN DIRECTORY DETAILS

(Address | email | phone | mobile)

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NEWSLETTER ANNOUNCEMENTS

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MEETING SUGGESTIONS

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Swati Reddy | 98841 77777 | swati_reddy@yahoo.com

HOSTING A MEETING

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Sheetal Parakh | 98400 27222 | sheetalparakh@gmail.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 Avaïs	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
2025-2026	Somna Sachdev	Jinwah Park

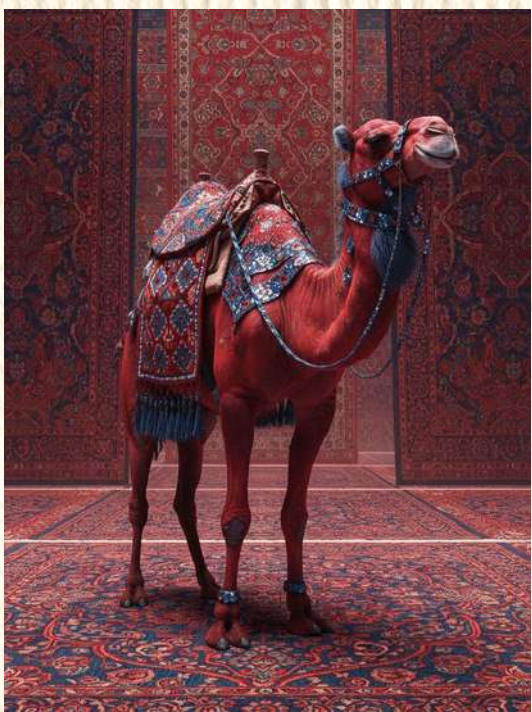
IWA REGISTERED OFFICE

C/o Golden Sunshine Services LLP

No. 148/231, Royapettah High Road, Royapettah, Chennai 600 014
www.iwachennai.com



the
RUBY
edit



40 YEARS
still becoming