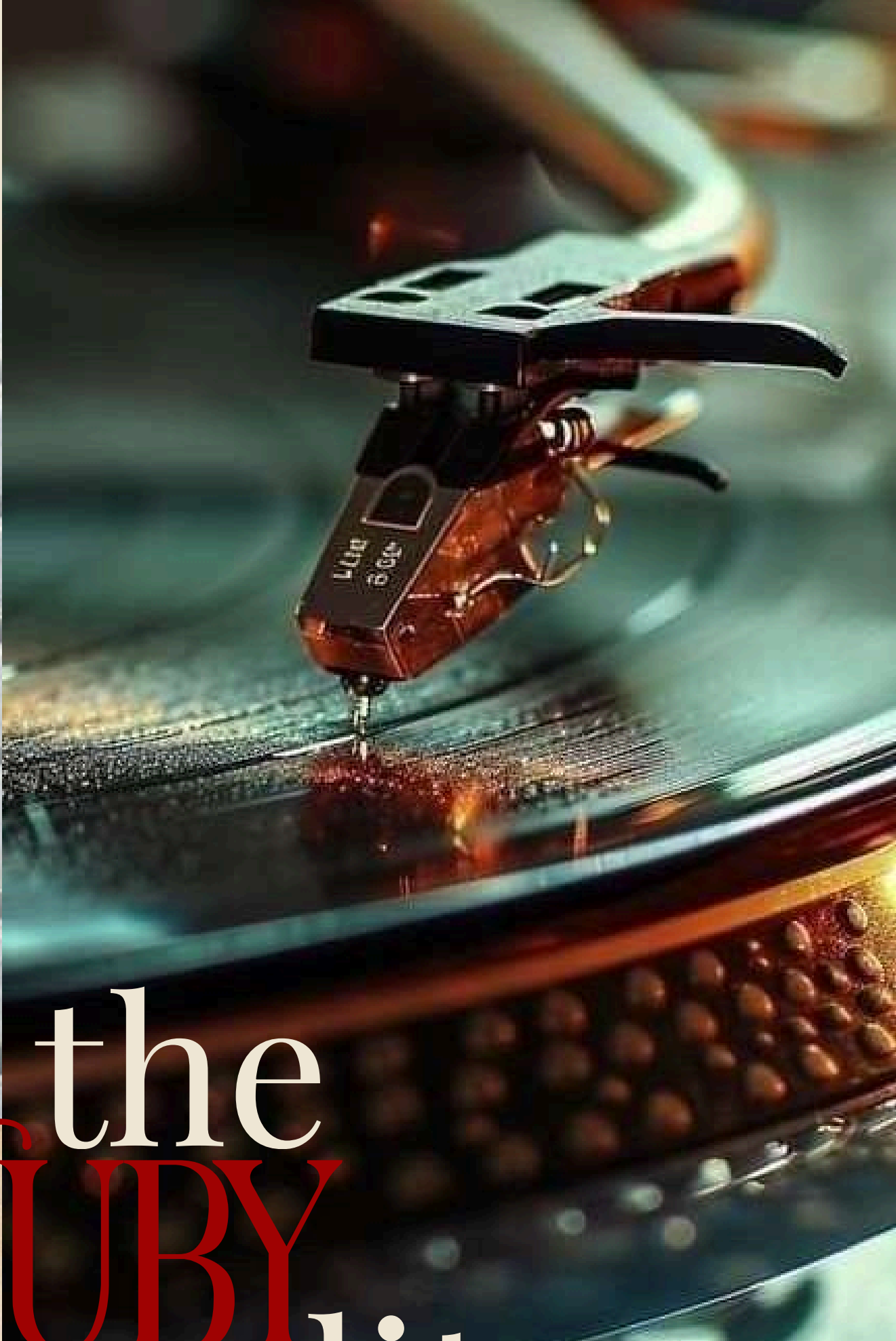




the RUBY edit



WHAT'S ON THIS MONTH

June AT A GLANCE

A Ruby Year curtain-raiser at Madras Club, a workshop in ballroom dance, an evening with a Mumbai neurosurgeon, and the timeless wisdom of Ayurveda

Click on the  to go to the meeting page.

15
MON **FELLOWSHIP MORNING** - Bridgerton Theme
Ballroom, Madras Club | 10:15 am 

18
THU **SWAY WITH ME** - Music & Performing Arts
Shamiana, Madras Club | 10:15 am 

23
TUE **BHEJA FRY** - Book Discussion
Wild Garden Bar, Amethyst | 4:15 pm 

30
TUE **THE WISDOM OF THREE** - Health & Ecology
Sadayush, Nungambakkam | 10:15 am 



from the PRESIDENTS

Dear Friends,

As we step into our Ruby Year, marking forty years of shared journeys, friendships, conversations, and cultural exchange, we do so with immense gratitude for all the women who have shaped this community over the years.

Ruby, to us, feels like the perfect symbol for this moment; deep, luminous, enduring, and enriched over time. Much like IWA itself.

What began, four decades ago, as a space for women from diverse backgrounds and cultures to connect has grown richer through ideas, experiences, creativity, and meaningful friendships.

With the support of our enthusiastic Activity Chairpersons, we hope to create experiences that are thoughtful, engaging, and meaningful. Through conversations, music, art, travel, books, current affairs, philosophy, wellness, and shared moments of joy, we look forward to bringing you programmes that inspire curiosity, friendship, and connection.

Our monthly newsletter, The Ruby Edit, will be your go-to source for all meetings, events, and updates throughout the year.

We are delighted to kick off the Ruby Year with a Bridgerton-themed Fellowship Morning on the 15th of June at Madras Club, a warm, inclusive, and exciting way to begin this special year together.

Whether you are attending events, hosting, participating, or simply cheering us on, we are truly grateful to have you with us. Here's to a beautiful Ruby Year filled with lively conversations, shared discoveries and wonderful memories together, with a little sparkle, a lot of warmth, and plenty of fun along the way.

With warmth,

Deepali Goyal & Swati Reddy

from the VICE PRESIDENTS

Dear Friends,

We are delighted to welcome you back to what promises to be a vibrant, memorable, and celebratory Ruby year ahead.

As Vice Presidents, we are happy to once again work alongside our wonderful EC & MC teams to help keep our members connected and informed throughout the year. **From meeting reminders and updates to member milestones and celebrations, we hope to make communication thoughtful, seamless and engaging.**

One of the true joys of this role is bringing the newsletter together, capturing the spirit, stories and special moments that make our IWA community so unique.

This year, as we celebrate IWA's Ruby Year, we also look forward to all the little moments that'll make the organisation more meaningful along the way. We warmly **encourage members to continue sharing their special moments and achievements with us so we can celebrate them together as a community.** Please do write to us at iwablurbs@gmail.com

Members who would like to **order or renew their IWA name badges** are kindly requested to WhatsApp Geetha Muthusamy on **9380424699**.

Here's to celebrating forty wonderful years of IWA and to many more still to come.

With warm wishes,

Sheetal Parakh & Geetha Muthusamy



from the SECRETARIES

“There’s no place like IWA”

Hello Lovely Ladies,

And just like that, we step into a sparkling new IWA year—made all the more special as we celebrate our Ruby Anniversary. Forty years, and still becoming.

Like Dorothy’s ruby slippers, perhaps all it takes this year is showing up, being present, and sharing in the moments that make IWA what it is. After all, there really is no place quite like it.

The months ahead promise a wonderful mix of meetings, conversations, and experiences—so do mark your diaries early and often. We’d love to see you at as many gatherings, more than the minimum that IWA requires if you can manage. IWA is at its best when the room is full and the conversations even fuller. If travel or other plans keep you away for a while, do let us know—we don’t want to lose track of anyone along the way.

A gentle reminder to send in your membership renewal form & annual subscription before June 30, 2026 if you haven’t already.

If there are any changes to your contact information, please do keep us informed so our records remain accurate and up to date. Do send us your request if you would like to **change your membership status by sending an email to roshanponcha@gmail.com**

Our newsletter will continue to reach you via the IWA Digital Newsletter (IDN) on WhatsApp and email. Zoom links are usually also sent out on WhatsApp and by email. If for any reason these don’t reach you, please tell us, we’ll make sure you’re back in the loop quickly.

This year stretches ahead like a well-cut gem—full of warmth, sparkle, and shared moments.

Here’s to stepping into it together... perhaps with a little ruby magic along the way.

Warmly,

Roshan Poncha & Catherine Reddy



Hello & Welcome to another new IWA year!

The ruby, long regarded as a symbol of wisdom, vitality and enduring bonds, reflects the essence of our organization. We hope that every meeting, performance and event in the coming year, will add to the brilliance of our collective experience!

The renewal form for 2026-27 was circulated via email and posted on IDN. A big thank you to all of you who have sent in your renewal forms and annual subscriptions and a gentle reminder to those who haven't, that the last date for renewal is June 30th 2026.

We sincerely thank our members for adapting seamlessly to our digital process for fee renewal. We are now in the GST bracket. **We no longer accept cash payments at meetings** (for guest charges, directories etc) and **request you to make all payments through UPI.**

Our newsletters will continue to be posted every month on both WhatsApp (IDN) and email, to keep you updated on all the meetings and events. In the event of any change to your mobile number or email ID, kindly notify us so that we may update our records accordingly. If you expect to miss IWA meetings for an extended period, please inform us via email or whatsapp.

Please contact Nirmala Raja on email: pvnirmala_raja@me.com or on whatsapp: +91 9789111000 for queries regarding attendance or for bye-law copies.

With warm good wishes,
Nirupa Sundaravadanan & Nirmala Raja



Membership SUB-COMMITTEE 2026-27

We thank Rathi Nilakantan for her valuable contribution to last year's Membership Committee.

We welcome Amulya Rao as the new General Body Member.

This year's Committee is as follows:

Presidents

Deepali Goyal & Swati Reddy

Immediate Past Presidents

Somna Sachdev & Jina Park

Vice Presidents

Sheetal Parakh & Geetha Muthusamy

Secretaries

Roshan Poncha & Catherine Reddy

Immediate Past Membership Secretary

Nirupa Sundaravadanan

General Membership

Nabila Avais & Amulya Rao



MEET OUR TEAM



DEEPALI GOYAL
98404 42260
deepali_gyl@yahoo.com



SWATI REDDY
98841 77777
swati_reddy@yahoo.com

PRESIDENTS



SHEETAL PARAKH
98400 27222
sheetalparakh@gmail.com



GEETHA MUTHUSAMY
93804 24699
saathvika@hotmail.com

VICE-
PRESIDENTS



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98403 50510
roshanponcha@gmail.com



CATHERINE REDDY
73583 87519
catherinecapozzi@gmail.com

SECRETARIES



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98402 34623
bss_nimmu@yahoo.co.in



NIRMALA RAJA
97891 11000
pvnirmala_raja@me.com

TREASURERS

Managing Committee

MEET OUR TEAM



RACHITA CHOUDHARY

95000 42397
rachita.aman@gmail.com



MANISHA SINGHEE

98410 35003
manisha@singhee.in

**ARTS &
HANDICRAFTS**



SHEFALII DADABHOY

97898 89955
shefnochef@gmail.com



ANJALI SACHETI

98840 56000
anjali456@gmail.com

**BOOK
DISCUSSION**



ANURADHA UBEROI

98410 42520
anuradha@uberui.net



**COOKING
SWAPSHOP**



TULSI REDDY

98401 70863
tulsireddy21@gmail.com



ARTHI BEZAWADA

9994778696
arthibez@gmail.com

**CURRENT
EVENTS**

Activity Chairpersons

MEET OUR TEAM



DEEPIKA GOYAL
98410 86752
goyaldeepika@hotmail.com



STEFANIE ANDRUCHOWITZ
6380283166
s.andruchowitz@gmail.com

HEALTH &
ECOLOGY



NIDHI THADANI
89390 76660
nidhithadani@gmail.com



MAHIMA PODDAR
93810 63421
m@thekindnessfoundation.in

HISTORY,
CULTURE
& TOURS



PARVATHI NAYAR
98840 14576
thottakat@gmail.com



ROHINI GOPINATH
99890 98640
rohinigopinath@hotmail.com

MUSIC &
PERFORMING
ARTS



SABAH SHIRAZI
98400 68538
sabshi@hotmail.com



ALINA BURNETE
91768 87203 / +44 7594948271
alina.burnete@gmail.com

PHILOSOPHY
& RELIGION

Activity Chairpersons

In everlasting
REMEMBERANCE



DR. MRS. MEENA MUTHIAH
MEMBER SINCE 1992

“Her journey was one of dignity,
compassion and quiet strength -
a legacy that will never fade.”

Heartfelt
CONDOLENCES

To our member **Ramani Reddy**
on the loss of her dear father.



Heartiest CONGRATULATIONS

To **Vidya Singh** for receiving the
Excellence in Adventure Sports award
at the
Femina Achievers 2025 (South)



To **Jina Park** on her
Photography Exhibition in Chennai
“Lyrical Encounters:
India through a Korean Lens”



from the
MEMBERSHIP SECRETARY

We are pleased to announce that the following
Special Guests have been inducted as **Active**
Indian Members:

AMRITHA BHALLA B-4

6/137 Sivananda Road,
Gillnagar, Choolaimedu,
Chennai 600094

Mobile : 98844 98909

Email :

amrithabhalla@gmail.com

SUJATHA SHANKAR S-3

New No 53, Old No 25,
Kasturi Rangan Road,
Alwarpet, Chennai 600018

Mobile : 98410 71062

Email :

shankarsujatha@gmail.com

AARTHI SHRAVAN S-1

Flat 2, Sreshta Varuna,
4 Sundaram Salai, RA Puram,
Chennai 600028

Mobile : 98412 19593

Email : rtshravan@gmail.com

JAYASREE VUMMIDI V-3

#23, Ramasamy Street,
T.Nagar,
Chennai 600017

Mobile : 98410 20054

Email : v.Jsree@yahoo.com



Fellowship Morning

15th June ~ 10:15 am
The Ballroom | Madras Club

DEEPALI GOYAL & SWATI REDDY
Managing & Executive Committees



Sheetal Parakh invites you

Lady Whistledown's

VOL XI.

SOCIETY PAPERS

CHENNAI

INTERCULTURAL WOMEN'S ASSOC.,

15TH JUNE, 2026

Dearest Gentle Reader,

This author has tea to spill and proper Madras Club crockery to spill it from.

The most anticipated soiree of the season shall convene at the

Ballroom of the Madras Club

Attendance is Mandatory for those who wish to remain relevant.

Fellowship Morning

Monday, June 15th

10.15 AM

Attire: Pastels and pearls, an air of **mild Ruby**

Refreshment shall be plentiful, conversation, more so.

Arriving fashionably late is no longer fashionable.

Yours Truly,

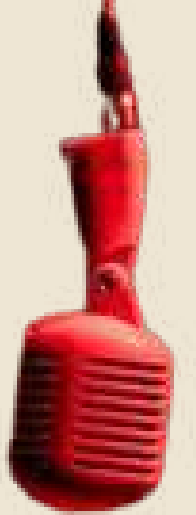


CLUB DRESS CODE

*Ladies to be decorously attired;
Faded or torn Jeans are not acceptable.*



MUSIC & PERFORMING ARTS



Sqn. Ldr. UNNI NAIR

Sway with Me

Workshop on Ballroom Dancing

Thu | 18th June | 10:15 am
Shamiana, Madras Club

PARVATHI NAYAR & ROHINI GOPINATH

**Rinku Mecheri invites you to a
Music & Performing Arts meeting**

Date: Thursday, 18th June

Time: 10.15 am

Venue: Shamiana, Madras Club
8, Adyar Club Gate Road,
RA puram,
Chennai-600028



SWAY WITH ME

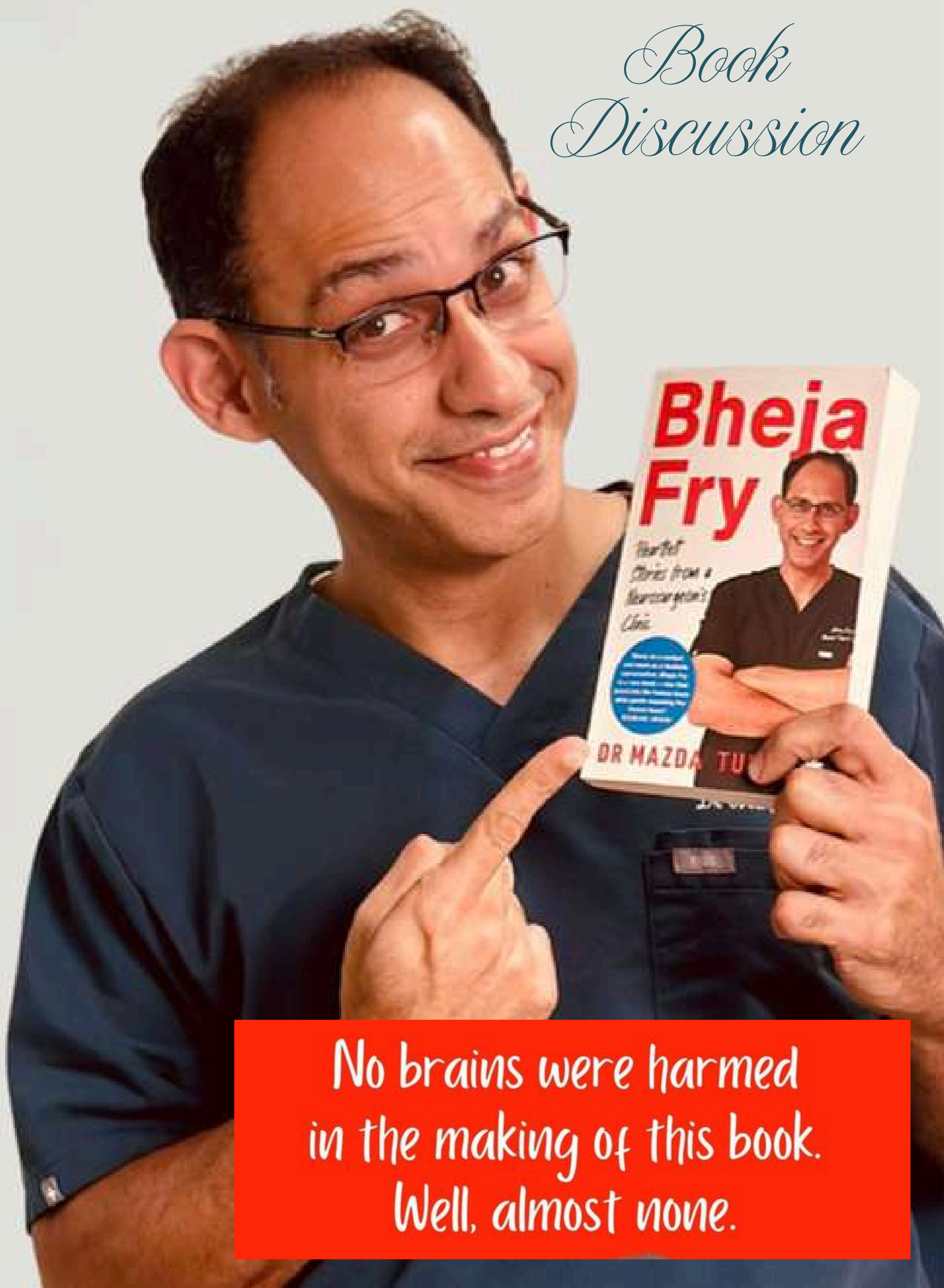
Come dance your heart out at our **Ballroom Dancing Workshop** - a cheerful celebration of rhythm, connection and joy. Whether you are taking your very first dance steps or simply looking to embrace the magic of music, this workshop promises an engaging and lively experience. Guided by Sqn Ldr Unni Nair, participants will be introduced to the **timeless elegance of ballroom dancing, beginning with the Waltz**, and then wherever our steps and timing takes us... Foxtrot or Salsa, Jive or Line Dancing. It is also a wonderful opportunity to reconnect with friends, make new connections, and enjoy the simple pleasure of laughter and companionship through dance. Slip into **comfortable dancing shoes** and get ready to lead and follow, and celebrate movement together. Bring a joyful spirit!

Our dance instructor for the morning - **Sqn Ldr Unni Nair** is a **former Commissioned Officer from the Indian Air Force**. During his 14 years with the Air Force he has been part of military ops at the Siachen Glacier and during the Kargil conflict. An adventure specialist, his love for the outdoors takes him from the seas to the skies – scuba diving and parasailing. He is a much sought-after Coach and Facilitator. Dancing is a deep passion and during the course of his over-subscribed dance workshops, he encourages his students to find the **joy in rhythm and movement**.

CLUB DRESS CODE:

Ladies to be decorously attired. Faded or torn jeans are not acceptable.

*Book
Discussion*



Dr. MAZDA TUREL

Bheja Fry

Tue | 23rd June | 4:15 pm

Wild Garden Bar, Amethyst

SHEFALII DADABHOY & ANJALI SACHETI

Date: Tuesday, 23rd June
Time: 4.15 pm
Venue: Wild Garden Bar,
Amethyst
Whites Road, Express Estate,
Royapettah,
Chennai-600014



BHEJA FRY

Enjoy a lively evening with **Dr Mazda Turel**, Mumbai based neurosurgeon and author of the book '**Bheja Fry**' as he shares heartfelt stories with his uniquely sharp humour. Dr. Mazda Turel, neurosurgeon, writer, and ordained Zoroastrian priest, brings us **Bheja Fry**, a **deeply human collection of stories** drawn from life **inside and outside the operating room**. With wit, warmth and remarkable insight, he explores the mysteries of the brain, the relationships between doctors and patients, and the curious intersections of science, faith, family and memory. Moving effortlessly between humour and poignancy, **Bheja Fry** is not simply a book about medicine; it is a reflection on what it means to be human, and on the stories that shape us all.

Dr. Mazda Turel is an internationally trained neurosurgeon specializing in skull-base, spine, and cerebrovascular surgery, with advanced fellowships across North America and Asia. He is among the few surgeons to **receive the prestigious Jacob Chandy Gold Medal at Christian Medical College, Vellore**, recognizing exceptional excellence in neurosurgery.

Dr Turel began writing publicly when *The Week* invited him. to contribute a column on the brain, a brief he has since expanded into a **warm, witty and widely read series**. His voice is distinct, self-deprecating, culturally specific (expect Parsi jokes, Mumbai references and the occasional Sanskrit aside), and utterly unsentimental about the things that matter most.

HEALTH & ECOLOGY



Dr. USHA KIRAN

The Wisdom of Three

A Journey into
Ayurveda, Ancient Philosophy & the Science of Balance.

Tue | 30th June | 10:15 am
Sadayush, Nungambakkam

DEEPIKA GOYAL & STEFANIE ANDROCHOWITZ

Date: Tuesday, 30th June
Time: 10.15 am
Venue: Sadayush,
3rd Floor, Hafiz Court, 19,
Kodambakkam High Road
Tirumurthy Nagar
Nungambakkam,
Chennai-600 034



Warn-in Meeting: Please message Dipika Goyal 98410 86752 or Stefanie 63802 83166 to reserve your spot.

THE WISDOM OF THREE

A Journey into Ayurveda, Ancient Philosophy & the Science of Balance.

What if wellbeing was less about doing more and more about returning to balance? Join us for an enlightening exploration into one of the oldest systems of healing as we uncover the timeless wisdom of Ayurveda and its **philosophy of harmony between mind, body, and spirit.**

Led by **Dr. Usha Kiran**, we will delve into the fascinating world of the three Doshas — Vata, Pitta, and Kapha — understanding their unique qualities, how they shape our personalities, emotions, habits, and health, and how ancient philosophy continues to offer practical guidance for modern living.

Come discover simple insights that can help you understand yourself better, **reconnect with balance, and cultivate wellness from within.**

A morning of learning, reflection, and meaningful conversation awaits.

MEETING GALLERY

BOOK DISCUSSION



MEETING GALLERY

HEALTH & ECOLOGY



MEETING GALLERY

HISTORY, CULTURE & TOURS



MEETING GALLERY

SPECIAL EVENT - IWA QUIZ



MEETING GALLERY

AGM - 2026



MEETING GALLERY

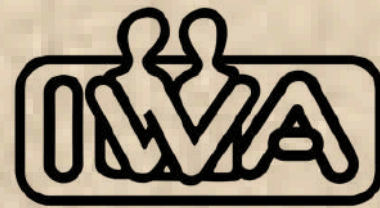
AGM - 2026



MEETING GALLERY

AGM - 2026





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)

Roshan Poncha | 98403 50510 | roshanponcha@gmail.com

NEWSLETTER ANNOUNCEMENTS

Sheetal Parakh | 98400 27222 | sheetalparakh@gmail.com

MEETING SUGGESTIONS

Deepali Goyal | 98404 42260 | deepali_gyl@yahoo.com

Swati Reddy | 98841 77777 | swati_reddy@yahoo.com

HOSTING A MEETING

Deepali Goyal | 98404 42260 | deepali_gyl@yahoo.com

Swati Reddy | 98841 77777 | swati_reddy@yahoo.com

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 Banger
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 Andruchowicz
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

