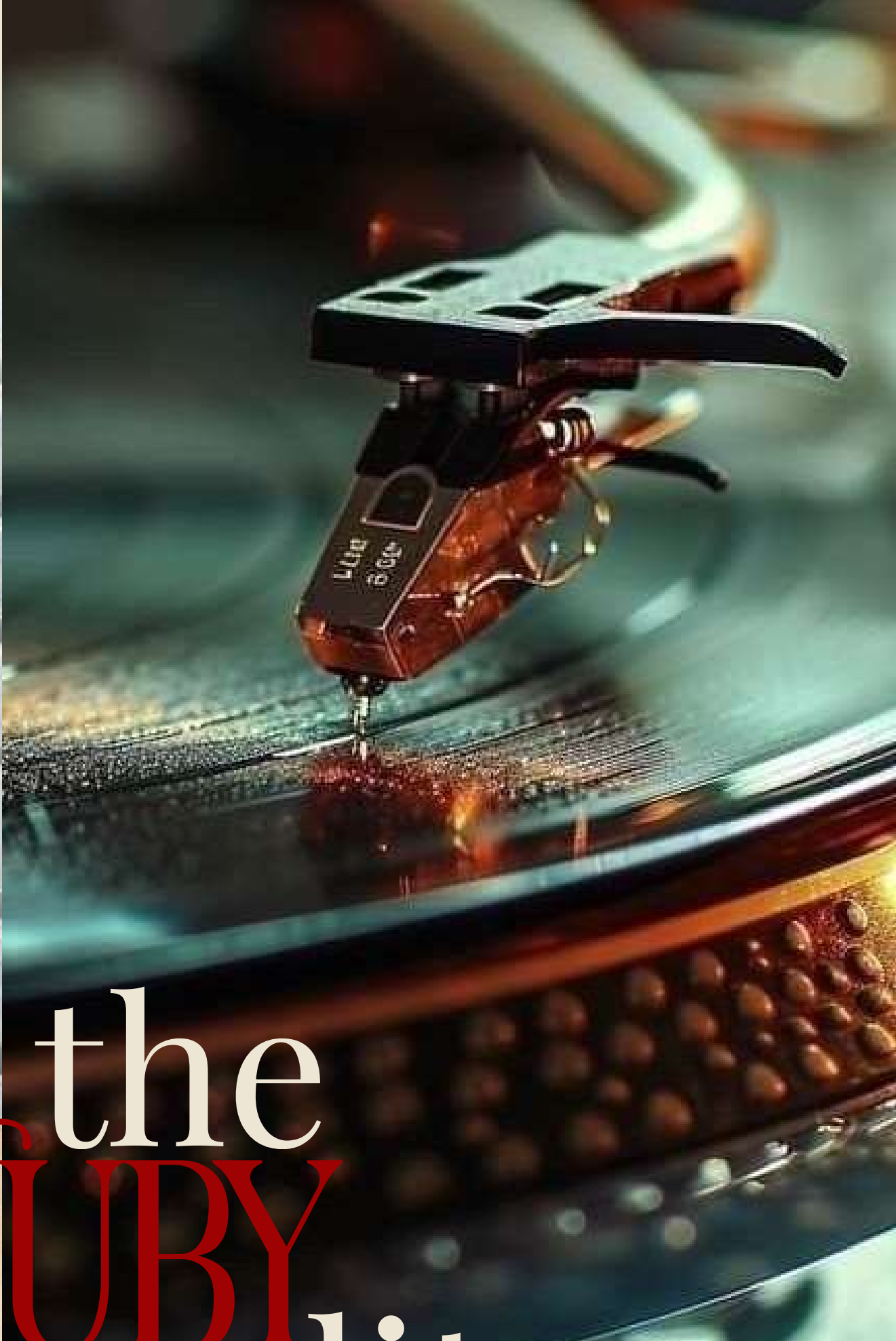
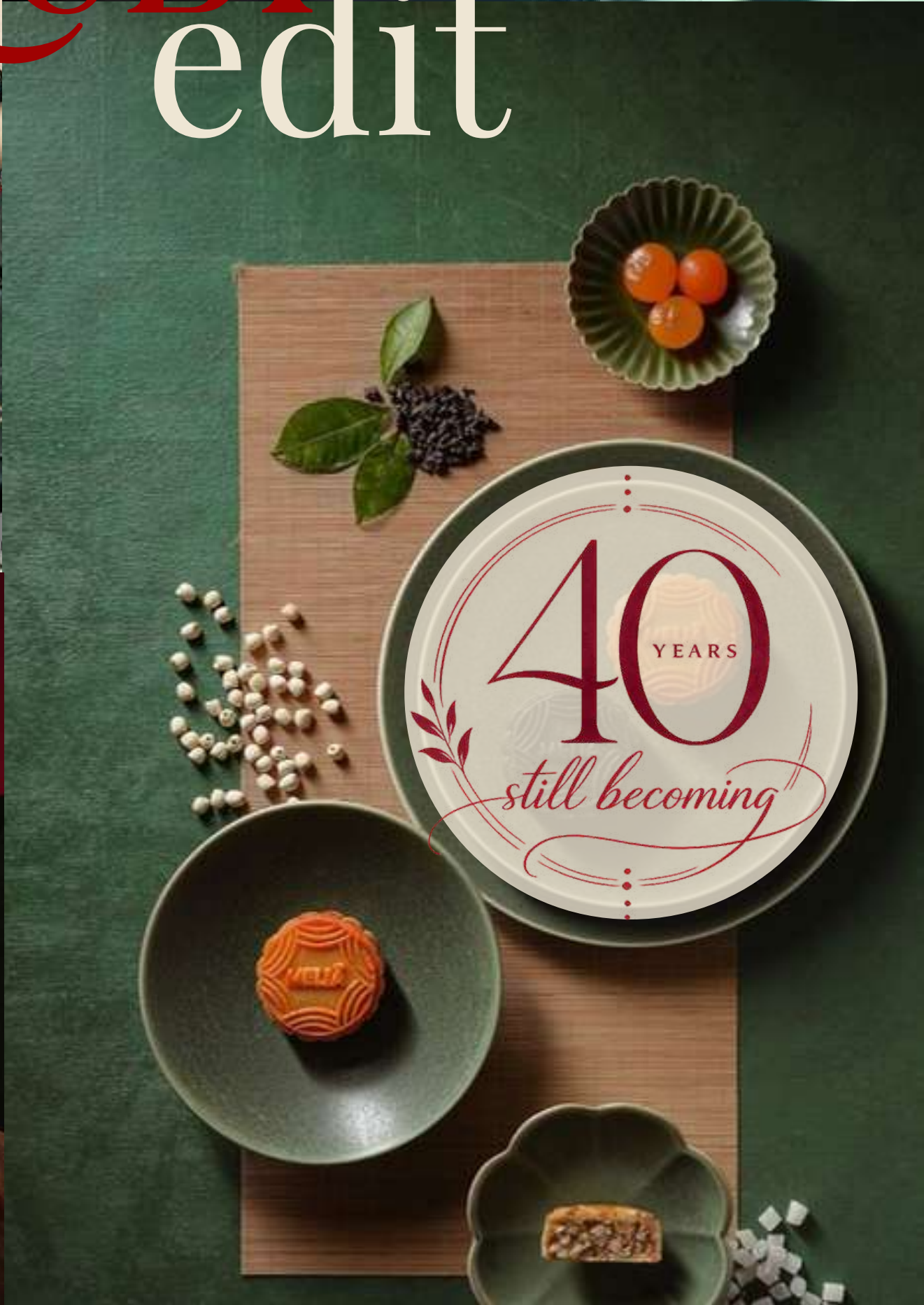




the RUBY edit



September AT A GLANCE

A month of questions, discoveries and unexpected conversations.

This September, we invite you to stay curious, to ask more, explore more and see the world with fresh eyes.

SEPTEMBER: CURIOUS

01
TUE

Science Behind Astro Foods

Cooking Swapshop | **GRT Grand** | **10:15 am**



10
THU

Riders On The Storm: Endurance and Grit

Current Events | **One Crest** | **10:15 am**



16
WED

Flavours of Memory with Malavika Singh

Book Discussion | **Prego** | **10:15 am**



28
MON

The Power of Breath with Walid Aboulmaga

Health & Ecology | **One Crest** | **3:15 pm**



WARN-IN MEETING

29
TUE

The Mind of a Musician

Music & Performing Arts | **Dakshin** | **3:15 pm**



Click on the  to go to the meeting page.



from the PRESIDENTS

Dear Members,

September invites us to embrace one of our greatest strengths - the willingness to stay curious.

Curiosity is what encourages us to ask questions, explore new perspectives, appreciate different cultures, and continue learning from one another, no matter our age or stage of life.

This month, our programme has been thoughtfully curated to spark discovery in many forms—from culinary creativity and community engagement to literature, music, heritage, wellness and meaningful conversations. Each gathering is an opportunity not only to learn something new, but also to deepen the friendships and connections that make IWA such a vibrant and welcoming community.

As we continue celebrating our Ruby Year, I hope you'll join us with an open mind, a generous spirit, and the excitement to discover something unexpected. Sometimes the most meaningful journeys begin with a simple question, a shared story, or a conversation with someone new.

We look forward to seeing you throughout this inspiring month.

Please note that IWA Music Day will be celebrated on October 1st at Shamiana Hall, Madras Club.

Forty years of friendship. Still becoming.

With warmth,
Deepali Goyal & Swati Reddy



from the MEMBERSHIP SUB-COMMITTEE

Entry of members is governed by IWA Bye-Laws, which require the Board to maintain the unique international and intercultural character of the organisation.

The only way to welcome more new Indian members is to bring in more new Non-Indian Members. It will be greatly appreciated if members can bring capable and talented ladies, both in the Indian and Non-Indian categories.

We invite applications from within the postal zones of Chennai, Kanchipuram and Thiruvallur districts.

It is essential that sponsors should know their candidates personally. **Please note** that members of the Managing Committee, Membership Committee and Advisory Committee may not sponsor or co-sponsor an applicant.

The procedure for application is detailed below:

- a. A new applicant should be sponsored and co-sponsored by two **Active Members of IWA who have been members for at least 7 years**, and who know the applicant well.
- b. The sponsor and co-sponsor should not have sponsored any new member in the **last three years**.

from the MEMBERSHIP SUB-COMMITTEE

c. The applicant should furnish these details in her bio-data

- * Name
- * Date of birth
- * Profession
- * Designation
- * Address (residence and office)
- * Telephone Number (residence, office and mobile)
- * Email ID
- * Husband's name, profession and designation
- * Any relatives who are IWA members, giving their name and her relationship to them
- * Copy of passport
- * Nationality
- * Passport size photos - 2

d. The sponsor and co-sponsor should together write and co-sign one covering letter introducing the candidate and giving reasons why she would be suitable for IWA. This letter and the bio-data of the applicant are both essential for an applicant to be considered for membership.

e. The sponsor and/or co-sponsor should hand over both these documents personally to the Membership Sub-Committee ONLY at The Boat Club on Tuesday, October 13th 2026, between 10:00 AM and 12:00 PM.

Incomplete applications will not be accepted.
Candidates should **NOT** attend this meeting.

The Interview of eligible candidates is scheduled for Tuesday, November 10th 2026.

from the MEMBERSHIP SECRETARY

Guidelines for IWA Membership Application

Indian Members

1. Each applicant must have 2 sponsors (who should know her well) and submit a brief resume of her background, interests and hobbies. She should include a passport size photo, and be aware that it will be published in the IWA Newsletter.
2. If she has any relative already in IWA, she should provide names and relationship details.
3. The Membership Sub-committee makes decisions regarding membership by majority vote, (secret ballot). The Managing Committee will ratify new members **only in 2028**. Until then, they may attend IWA meetings as **Special Guests**.
4. Applicants should know that members need to attend at least 10 meetings in the IWA year. A new member is expected to volunteer as a Day Facilitator for IWA meetings, and otherwise contribute her time, energy and expertise, and also to serve on the Executive Committee when she is eligible to do so.
5. Applications are not carried over to the following year, so applicants may re-apply each year if they wish to.

from the MEMBERSHIP SECRETARY

Guidelines for IWA Membership Application

Non-Indian Members

1. **Permanent Non-Indian** applicants follow the same procedure as Indian members. Sponsors are not required for non-Indian category.
2. **Non-Indians** interested in joining IWA in the **Temporary** category, may attend an IWA meeting to meet a board representative. The Membership Secretary can provide such applicants with an application form. **Sponsors are not needed** for **Temporary Non-Indian** category of membership.
3. Non-Indians in Chennai on a short term basis can be admitted throughout the year in the Temporary category, depending on vacancy.
4. Applicants should know that members need to attend at least 10 meetings in the IWA year. A new member is expected to volunteer as a Day Facilitator for IWA Activity meetings, otherwise contribute her time, energy and expertise, and serve on the Executive Committee.



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



ROSHAN PONCHA
98403 50510
roshanponcha@gmail.com



CATHERINE REDDY
73583 87519
catherinecapozzi@gmail.com

SECRETARIES



NIRUPA S
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.andruchowicz@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

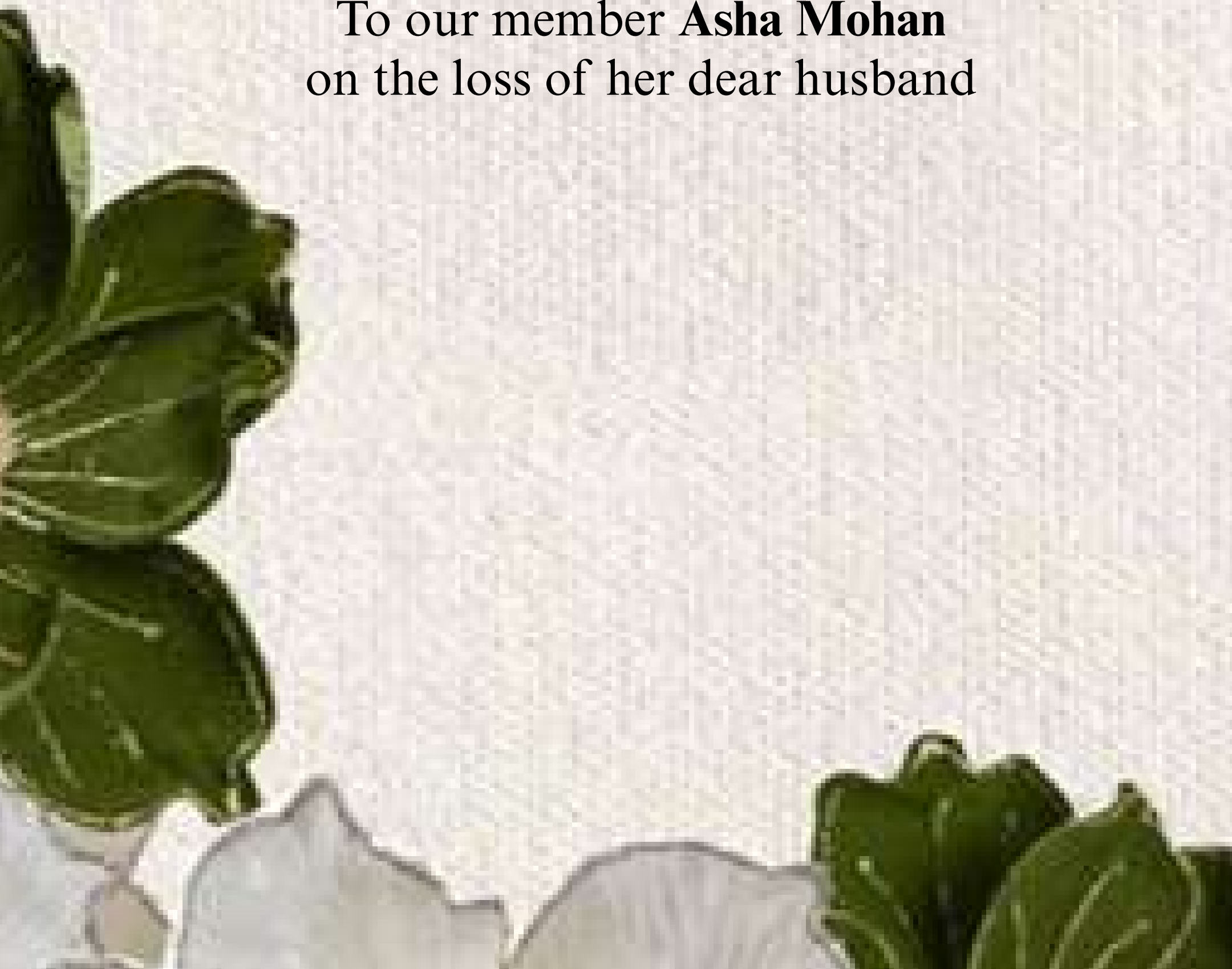
Activity Chairpersons

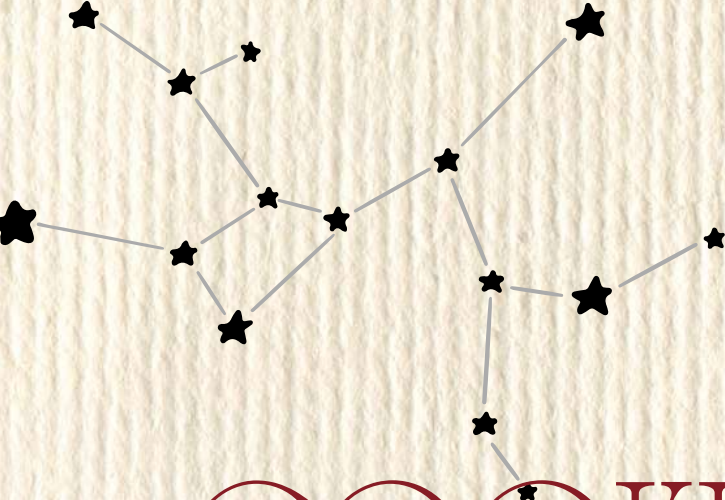
Heartfelt
CONDOLENCES

To our member **Nirupa Sundaravadanan**
on the loss of her respected father-in-law

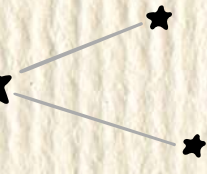
To our member **Nalini Acharya**
on the loss of her dear husband

To our member **Asha Mohan**
on the loss of her dear husband





COOKING SWAPSHOP



**CHEF SHEETHARAM PRASAAD
G. MADHU KARTHEESH**

The Science Behind Astro Foods

Tue | 1st Sept | 10:15 am
Coronation Hall, GRT Grand

ANURADHA UBEROI



Date: Tuesday, 1ST September

Time: 10:15 am

Venue: Coronation hall (3rd floor)

GReat ceremonies, GRT GRAND by GRT hotels

120 Thiyagaraya road

T. Nagar-Convention hall



THE SCIENCE BEHIND ASTRO FOODS

Chef Sheetharam Prasaad and G. Madhu Karteesh

In India, food has traditionally been regarded not only as a source of nourishment but also for its medicinal value. **Astro Food explores the connection between astrology, planetary influences and the foods we consume.** Based on an individual's birth place and time, **specific ingredients** are recommended to **help counter health vulnerabilities** indicated in their planetary chart.

Drawing from the **Pancha Bhoota** concept of water, fire, air, earth and akash, and the three qualities of food—**sattvic, rajasic and tamasic**—our distinguished speakers will share their pioneering research on Astro Foods and **demonstrate two dishes: Manthakali Mini Adai and Palakottai Varagu Sadam.**

Chef Sheetharam Prasaad, WACS Certified Executive Chef and International Jury, has over 26 years of hospitality experience and currently serves as **Corporate Executive Chef at GRT Hotels & Resorts.** His passion for culinary research is reflected in his **published work on Astro Foods.**

G. Madhu Kartheesh, a healthcare professional from Chennai, **specialises in pulse diagnosis and Siddha consultation.** He regularly contributes health-related articles to Tamil newspapers and magazines and travels internationally for Siddha consultations.

A sumptuous lunch will be served after the meeting.

KINDLY NOTE THE MEETING WILL START AT 10:30 am

ANURADHA UBEROI



CURRENT EVENTS



CON ANTHONY CONLON

RIDERS ON THE STORM
A Story of Endurance and Grit

Thu | 10th September | 10:15 am
One Crest, KNK Road

TULSI REDDY & ARTHI BEZAWADA





Date: Thursday, 10th September

Time: 10:15 am

Venue: One Crest (Ground floor)

Old no.19A New no. 113 Khader Nawaz Khan Road

Nungambakkam Chennai 600 006

RIDERS ON THE STORM: A Story of Endurance and Grit

Some challenges push people far beyond their comfort zones, demanding extraordinary physical and mental resilience. **The Marathon des Sables** is one such challenge, regarded as one of the **toughest endurance races in the world**. Over seven days, participants cover approximately **270 kilometres across the Sahara Desert**, carrying their own food and supplies while battling extreme heat, unforgiving terrain, and exhaustion.

Con Anthony Conlon, an Irish entrepreneur who has called Chennai home for nearly two decades, took on this extraordinary challenge at 55. He completed the race, **finishing in the top third** of the international field, while also **raising nearly ₹10 lakh for two Chennai-based charities**. His achievement reflects months of disciplined preparation, determination, and purpose.

In this inspiring talk, **Con shares what it takes to prepare for the race** and the physical and mental challenges he encountered. Through stories of adversity, perseverance, and self-belief, he offers practical lessons on resilience, pushing beyond perceived limits, and discovering what is possible when you refuse to give up.

Natasha Conlon, a former child care lawyer, now works as a corporate lawyer for the IT company founded by her husband. A supportive wife, loving mother, and loyal friend, she is delighted to be **here as moderator** and particularly proud to introduce her husband and his extraordinary Marathon des Sables experience.

Whether you're an athlete, entrepreneur, or facing challenges of your own, Con's journey reminds us that **growth begins where comfort ends**.

TULSI REDDY & ARTHI BEZWADA

Book Discussion



Cooking
for my Firefly

Malvika Singh

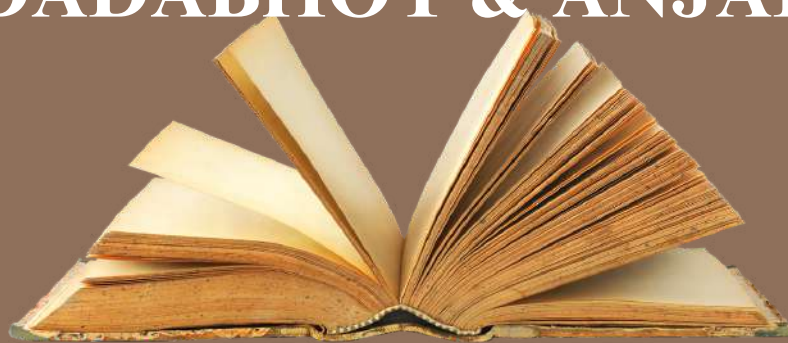
MALAVIKA SINGH

Flavours of Memory

Wed | 16th September | 10:15 am

Prego, Taj Coromandel

SHEFALII DADABHOY & ANJALI SACHETI





Date: Wednesday, 16th September

Time: 10:15 am

Venue: Prego

Taj Coromandel

Nungambakkam High Road

Chennai 600006

FLAVOURS OF MEMORY **with Malvika Singh**

Join us for an exclusive morning conversation as **celebrated author and publisher Malvika Singh** discusses her **new memoir, Cooking for My Firefly**, in conversation with **Sharon Apparao**.

Moving beyond a conventional cookbook, this beautiful memoir uses food to **map out memories, friendships, and travel**. Singh reflects on an era when **dining tables were the epicentres of cultural exchange**, sharing the stories behind recipes guided by the instinctive Indian **tradition of cooking by andaaza**.

Malvika Singh is an Author, journalist, and publisher of the influential journal Seminar. Her work spans cultural policy, heritage preservation, and documenting the histories of India's iconic cities.

Sharon Apparao is the renowned Chennai-based art curator, cultural catalyst, and **founder of Apparao Galleries**.

Deepest thanks to **Nandi Shah** for bringing this wonderful speaker to IWA and generously sponsoring the event. We are truly grateful for her support and initiative in making this special morning possible.

SHEFALII DADABHOY & ANJALI SACHETI

HEALTH & ECOLOGY

The Legacy of ancient wisdom



Don't miss this rare opportunity
to be guided by a Shamanic leader
specially here to address us,
straight from Bali -

WALID ABOULNAGA

THE POWER OF BREATH

Cacao Ceremony • Breathwork • Meditation

Mon | 28th September | 3:15 pm

One Crest Chennai

Session begins promptly at 3:30 pm

Tea & snacks post session

DEEPIKA GOYAL & STEFANIE ANDRUCHOWITZ

Date: Monday, 28th September

Time: 3:15 pm

Venue: One Crest Chennai

Old 19A, New 113

Khader Nawaz Khan Road,

Chennai 600006



Please WARN-IN with **Stefanie 63802 83166** or **Deepika 98410 86752** between 10 am and 5 pm. Limited to first 40 members.

DISCOVER THE POWER OF BREATH

Cacao Ceremony • Breathwork • Meditation

CACAO CEREMONY - A gentle heart-opening cacao ceremony to invite presence, intention, and connection before the breathwork.

BREATHWORK - An introductory session exploring how conscious breathing can support clarity, emotional release, nervous system regulation, and deeper self-connection.

Walid Abounaga is the founder of **NAFAS Journeys**, a **global breathwork facilitator**, and a **transformational guide** based in Bali. A **Certified Shamanic Breathwork Facilitator** and **Ordained Shamanic Minister**, he has led transformational experiences in **30+ countries**, supporting self-discovery, healing, and inner connection through the power of the breath.

He is **co-author of two Amazon #1 bestsellers: *The Nature of Change*** (with Star Wolf, founder of Shamanic Breathwork) and ***Find Your Voice, Save Your Life***. His thought leadership has been featured in global media, including Forbes, where he wrote *Shamanism Demystified*.

MEETING STARTS AT 3:30 PM.

Tea and snacks post session.

DEEPIKA GOYAL & STEFANIE ANDRUCHOWITZ



MUSIC & PERFORMING ARTS



VIDUSHI SANGEETHA SIVAKUMAR

THE MIND OF THE MUSICIAN

How a Karnatic Concert Comes Alive

Tue | 29th September | 3:15 pm

Dakshin, TTK Road

PARVATHI NAYAR & ROHINI GOPINATH

Date: Tuesday, 29th September

Time: 3:15 pm

Venue: Dakshin

552 TTK Road,

Alwarpet, Chennai



THE MIND OF THE MUSICIAN How a Karnatic Concert Comes Alive

An Exclusive Invitation to a specially curated musical event designed for IWA members – a lecture-demonstration by renowned vocalist **Vidushi Sangeetha Sivakumar**.

Whether you are a curious newcomer or a seasoned kacheri connoisseur, **The Mind of the Musician** is an interactive session that demystifies the structure of a live Karnatic performance without losing a single note of its wonder.

At its core, Karnatic music is a rich South Indian tradition where melody, rhythm, and poetry meet as equal, interconnected facets - poetry driving the melody, and rhythm woven directly into the verse.

Accompanied by Haritha Narayanan on the violin and A Rohith on the mridangam, Sangeetha will bridge the gap between traditional musical theory and pure listening joy. **Don't miss this unique opportunity to experience the heart of Chennai's classical art scene from the inside out!**

Vidushi Sangeetha Sivakumar is a senior Karnatik musician with a professional career spanning over 30 years. She performs across India and globally and has released numerous albums with leading labels. She is also sought after to conduct talks and workshops on Karnatic music at prestigious institutions worldwide.

Beyond her musical performances, Sangeetha is a deeply committed cultural activist. She is a **core team member of Chennai Kalai Theru Vizha**, curates percussion lessons for homeless or underprivileged girls at Avvai Home, and provides advanced training to disadvantaged government college students. Additionally, she co-conceived the collaborative performance Karnatic-Kattaikuttu and founded Saha to combat sexual harassment and gender discrimination in the performing arts.

PARVATHI NAYAR & ROHINI GOPINATH

MEETING GALLERY

ARTS & HANDICRAFTS



MEETING GALLERY

HISTORY, CULTURE & TOURS



MEETING GALLERY

ARTS & HANDICRAFTS



MEETING GALLERY

ARTS & HANDICRAFTS



MEETING GALLERY

HEALTH & ECOLOGY



MEETING GALLERY

CURRENT EVENTS





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 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