



AUGUST 2023

OBJECTIVES OF INDUS

To provide a cultural opportunity for English speaking Indian and Non-Indian women to meet together for joint participation in activities of mutual interest, to promote understanding between countries and to provide a forum for the development of fellowship.

Indus International M.O.A. 1967

Postal Address :

Indus International
DBS Business Centre
213 Raheja Chambers, 2nd Floor
Free Press Journal Marg
Nariman Point
Mumbai - 400021

Website : www.indusinternational.org
Email : membershipindus@gmail.com
Instagram : indusinternational Mumbai
Indus International

Month at a Glance

DATE	ACTIVITY	SPEAKER	VENUE
4 th August	Performing Arts	Madhu Lakhota	Vandana Kanoria Bhagwati Bhavan Carmichael Road
7 th August	Executive meeting		Zoom
8 th August	Art & Handicrafts	Bela Shanghvi	Nisha Mehta A/2301 Vivarea Jacob Circle
17 th August	Book Discussion Guests Welcome	Persis Vatcha	Rita Bhavnani 9,Padam-2 Peddar Road
18 th August	Health and Ecology Guests Welcome	Dr. Dharmesh Kapoor	Nayantara Jain Benzer Terraces Worli Sea Face
22 nd August	Current Events	Jimmy Mody	Varsha Sheth 2605 The Imperial North Tower Tardeo
23 rd August	Philosophy and Religion Guests Welcome	AiR	Pervin Poonawala 1405 The Imperial North Tower Tardeo
24 th August	Music	Purnima Sampat	Kavita Sawhney 101 Daisylea 17A Mount Pleasant Road
25 th August	Cooking Swapshop	Ranjana Monteiro	Anjali Mariwala Raheja Anchorage Samandar Point Worli
26 th August	History, Culture &Tours Note Change of Date	Abha N. Lambah Sangita Jindal	David Sassoon Library Opposite Jehangir Art Gallery Kala Ghoda

From the desk of the Presidents

Ladies, we have a lot in store for you in the coming months.

Our Board and Executive teams have been busy planning a line-up of very interesting meetings, and we are in the process of organising several festivities & events for all our members to partake in.

Our Vice Presidents, Vidya & Armaity are already in full swing organising the Fellowship in September. Indus ladies love their food and this promises to be a “fun-filled, irreverent and politically incorrect” morning. India has one of the richest food heritages but we never shy away from cleverly adapting traditional international dishes to create our own Indianised versions.

Do see the detailed blurb in this newsletter and we would love to have a lot of participation from both foreign and Indian members.

We had an overwhelming response from our members for our Indian trip to Allahabad, Ayodhya & Lucknow, planned for November and we have already reached our maximum limit.

Just a reminder to all our members that all updates and information will be sent on the Indus Notice Board WhatsApp group; so please do keep an eye on that.

Hema (Tinu) Shanghvi

Pervin Poonawala



Notice Board

Monthly newsletters will be sent by Email and WhatsApp.

Please contact the Vice Presidents if you have not received your newsletter.

CONDOLENCES

Our deepest condolences to the family of our member Suraiya Jetha, on her sad demise.

Our deepest condolences to Anjali Sethi on the sad demise of her mother-in-law.

CONGRATULATIONS

Hearty congratulations to Kamal Mulla on becoming a grandmother.

Our congratulations to Ravit Kedem on the award received by her company for the production of Huliote Polypropylene Pipes, using environmentally friendly technology from Israel.

ANNUAL FEE RECEIPTS

Members who need their receipts should call the Treasurer Amisha Himatsingka and collect the same from her. Please call her yourself - not through your secretaries or staff members.

CALLING ALL INDUS ARTISTS.....

Celebrating artistic talent within Indus with a special art event for the November meeting - by Indus ladies, for Indus ladies!

All our ladies will have the opportunity to showcase their talent, skill and ideas, in any medium, at Workloft, during an event on a Saturday morning in November.

If your work involves painting, digital media, photography, sculpture or any other art form, please get in touch with **Soha Parekh** on 9821073889 or with **Nicola Gerber** via WhatsApp on 9820682450.

We hope to see our enthusiastic ladies at the Vernissage and are looking forward to insights into the inspiration, talent and work processes of our Indus artists.

Perna Kewalramani

Juliana Ballard

Data Base Changes For August 2023

NEW MEMBERS

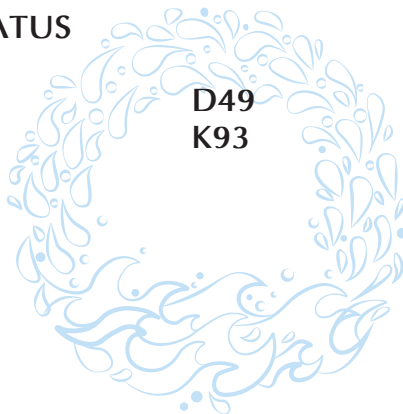
Kristin Mehta MN3 American
Picardie Building, 1st floor
23A Carmichael Road
Mumbai 400026
Mobile: 98197 46979
Email: Kristin.Donaldson3@gmail.com

Hai Wei Cheong CB7 Singaporean
Urmi Aangan, Apt 802
IT Colony
Carmichael Road
Mumbai 400026
Mobile: 7304668600
Email: hwvoon@hotmail.com

Elizabeth (Lizzie) Chapman CB8 British
Sita Kunj, 6th floor
Maharshi Karve Road
Mumbai 400021
Mobile: 9920989650
Email: lizziechapman@gmail.com

CHANGE OF STATUS

Dina Desai
Indira Kilachand



D49
K93

Senior
Senior

Fellowship

The Big Mac versus the McAloo Tikki Burger, the Quattro Frommagio Pizza versus the Paneer Tikka Masala Pizza, the Hotdog versus the Frankie roll!

'International Foods Going Desi' is our theme for this year's Fellowship on 22nd September.

International members, it's your day to dish out a traditional item from your country and Indian members, it's your turn to come up with the Indianized version of it - garam masala et al.

And while you're at it, do tell us all about the dish and the traditions associated with it. If you have a native song or dance to tap your toes to - go for it!

Don't forget to share your secret family recipe for your national dish. Or the inspiration for your version of Undhiyu flavoured Ratatouille, Rajma stuffed Burrito or Chana Masala turned Hummus.

The crazier the better!

Ladies, let's get together and make it a fun filled, irreverent and politically incorrect morning.

And if you can't tell the difference between daal and rice, but want to participate all the same - you can pitch in with a contribution or lend a hand in setting up the event.

To sign up, WhatsApp:

Armaity Sumariwalla +91 98202 84858
Vidya Srinivas +91 98699 18348



Friday, 4th August

11:00 am - 12:15 pm

Residence of:

Vandana Kanoria

Bhagwati Bhavan

3rd Floor

31-B Carmichael Road

(On Pedder Road, turn into the

lane adjacent to Domino's. At

the end of the lane, turn right.

The building is tucked away on

the right corner)

Mumbai 400026

ART OF REVERSE SINGING

Madhu Lakhoria is a renowned artist, known for her talent in reverse singing. Her ability to sing any song, with all the words in the same sequence but with the letters of each word reversed, singing it in the same tune and rhythm, is truly remarkable. Her musical prowess includes singing in many languages and extends to performing alongside many celebrated playback singers.

Madhu has received several national and international awards and has been mentioned in the Limca Book of Records and in Ripley's Believe It or Not!

Ladies, today she will enchant us with her amazing singing skills!!

Sunita Nahar

Zia Mehta



Executive Meeting

Monday, August 7th

11:00 am - 12:15 pm

ZOOM MEETING

The Link will be posted on WhatsApp and emailed one day prior to the meeting

Ladies, please email a copy of the blurb for your September meeting, latest by 10th August 2023, to both:

Armaity Sumariwalla
Vidya Srinivas

armaitys@gmail.com
vidyacadambe@gmail.com

We do not require a hard copy of the blurb.

Please email your attendance sheet for each month to the Membership Treasurers, immediately after your meeting, on the emails given below.

ana.d.panandiker@gmail.com
Nicola@fusionstudio.eu

Armaity Sumariwalla

Vidya Srinivas



Tuesday, 8th August

11:00 am – 12:15 pm

Residence Of:

Nisha Mehta
A/2301 Vivarea
Jacob Circle, Saat Rasta
Mumbai 400011

FOR THE LOVE OF THE ART... AND THE ARTISANS

The art of Patola is a perfect blend of mathematical precision and creative imagination, while weaving a beautiful and luxurious fabric.

Silk threads, natural colors and a double Ikat weaving technique come together to create vibrant, geometric designs on sarees and dupattas, which have been proudly worn, treasured and handed down from generation to generation, in many Indian homes.

Bela Shanghvi has been passionately reviving this traditional art for the last forty-four years, bringing economic sustainability to the lives of the artisans. She will share with us her four decade journey, assisting weavers and karigars through design and technical perspectives.

Perna Kewalramani



Juliana Ballard

Thursday, 17th August

11.00 am – 12.15 pm

Residence Of:

Rita Bhavnani

9, Padam-2, Pedder Road
Opposite Jindal Mansion
Corner of Pedder Road &
Gamadia Road, Mumbai 400026
(There is no parking available in
the building)

Guests Welcome

SPARE – A MEMOIR BY PRINCE HARRY, DUKE OF SUSSEX

Spare, Prince Harry's highly anticipated memoir, offers unprecedented insights into life as a royal. He chronicles his journey as the younger brother of the future King of England, setting a Guinness World Record for the fastest selling non-fiction book of all time, in the process.

Packed to the brim with revelations & drama, **Spare** has elicited a wide range of reactions from the public and the press, ranging from sympathy to fatigue!

Our very own member, **Persis Vatcha** will moderate the discussion, guiding us through key moments in the book.

Come prepared with your thoughts on the book. Love it or hate it – whatever your opinion, there's a lot to talk about!!

The Audiobook is available on Audible.
It is also available to listen to on YouTube
(https://youtu.be/vv10M2k_Nd0)

Friday, 18th August

11:00 am - 12:15 pm

Residence of:

Nayantara Jain
Benzer Terraces
2nd Floor
95, A.G. Khan Road
Worli Sea Face
(1st building after the
construction site at the
Flora U-turn)
Mumbai 400 018

Guests Welcome

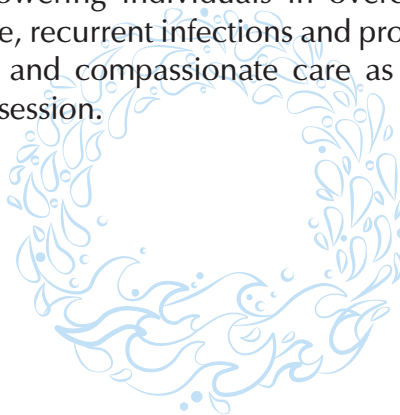
INCONTINENCE IN WOMEN: UNDERSTANDING AND OVERCOMING THE CHALLENGES

Incontinence, a condition impacting millions of women worldwide, can cause distress and significantly affect quality of life. Whether you personally experience incontinence or wish to learn more about this prevalent condition, join us for an enlightening session on the subject. Discover effective strategies for managing and overcoming the challenges associated with incontinence.

Dr. Dharmesh Kapoor, MD FRCOG is a distinguished specialist in Uro-Gynaecology, with over 30 years of experience. A former consultant at Royal Bournemouth Hospital, England, Dr. Kapoor is dedicated to empowering individuals in overcoming urinary and bowel incontinence, recurrent infections and prolapse repair. Benefit from his expertise and compassionate care as he shares valuable insights during this session.

Ritu Joshi

Bharti Chotirmall



Tuesday, 22nd August

11:00 am – 12:15 pm

Residence of:

Varsha Sheth
2605, The Imperial,
North Tower
(Turn left at the traffic light
before Tardeo AC market)
Tardeo, Mumbai - 400034

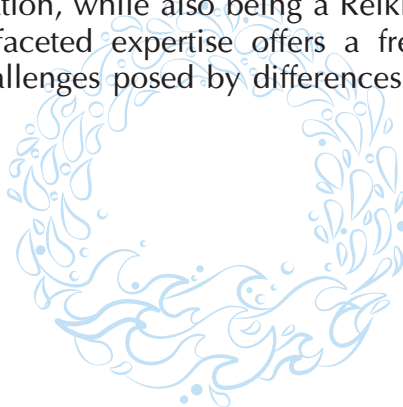
CELEBRATING DIFFERENCES

In today's world, the Earth is increasingly becoming a battleground between integration and fragmentation. This struggle between opposing forces has not only affected our global society but also our personal lives. The prevalence of "differences" seems to be at the core of many of our present-day issues. Psychologists, counsellors and management experts are tirelessly seeking solutions to the escalating crises in relationships, both on a large scale and within the lives of individuals. These alarming trends necessitate a change.

Amidst this backdrop, **Jimmy Mody** emerges as a significant figure. Based in Mumbai, he is an experienced clinical hypnotherapist, regression therapist and psychoanalytic therapist. He has delved into the spiritual aspects of the mind.

Mody conducts workshops on consciousness, spiritual healing energy and meditation, while also being a Reiki Master and Pranic Healer. His multifaceted expertise offers a fresh perspective on addressing the challenges posed by differences in our society and personal lives.

Neelam Narayan



Barbara Halusa

Wednesday, 23rd August

11:00 am – 12:15 pm

Residence of:

Pervin Poonawala
1405, The Imperial
North Tower
Tardeo Road
(Turn left at the traffic light
before Tardeo AC market)
Mumbai 400034.

Guests Welcome

HOW TO FIND PEACE OF MIND

Peace, you cannot find! It is within you, just still your mind.

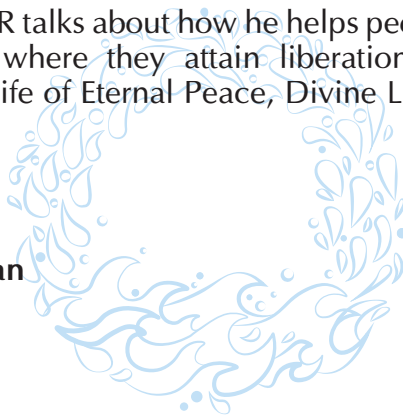
AiR - Atman in Ravi is a Spiritual Mentor, Transformational Author, Singer and Philanthropist. He is on a mission to help people discover the way to Eternal Happiness through Enlightenment.

Earlier AiR. an iconic entrepreneur transformed retailing in India; then walked away from the mega empire he created to become a spiritual mentor, a prolific transformational author, a Tedx speaker and a philanthropist. He has written over 65 books on life, karma, death, rebirth and spirituality. He has composed over 1400 bhajans. He runs 3 humanitarian homes for the destitute in Bangalore, taking care of over 800 people a day. They take in people from the street and help them get back on their feet.

Join us today, as AiR talks about how he helps people reach that state of enlightenment where they attain liberation from misery and suffering to live a life of Eternal Peace, Divine Love and Everlasting Bliss.

Dr. Jeannie Madan

Benu Parkash



Thursday, 24th August

11.00 am – 12.15 pm

Residence of:

Kavita Sawhney
101, Daisylea
17A, Mount Pleasant Road
Mumbai 400006

CHANT.... BREATHE.... RELAX

Take a journey into the world of '**Sacred Sounds**' encompassed in our Vedic scriptures which will energize and stimulate our chakras. Mantras can oxygenate the brain, reduce blood pressure and heart rate, calm brain wave activity and help resist external mental disturbances.

When you voice an energy based sound or word, it creates vibrations at a physical level. This creates thought-energy waves, making your body vibrate in rhythm with them. **Purnima Sampat** teaches you to incorporate these 'Sacred Sounds' into your daily schedule. They will help synchronize your body, breath, mind & voice, while enhancing the effectiveness of the process and boosting spiritual awakening.

Purnima is an accomplished music therapist with expertise in Hindustani Classical Music and many forms of devotional music. She uses this to effectively bridge Hindustani Classical Music and its healing modality in a distinctive manner.

Seema Singh



Harsha Shaparia

Friday, 25th August

11:00 am – 12:15 pm

Residence of:

Anjali Mariwala
Raheja Anchorage
8th Floor
Samandar Point
Worli
(Lane before Samudra
Mahal)
Mumbai 400018

Limit: 40 Members

MEMORIC FOODSCAPES

Ranjana Rebelo Monteiro is an established writer and author of “Memoric Foodscapes”.

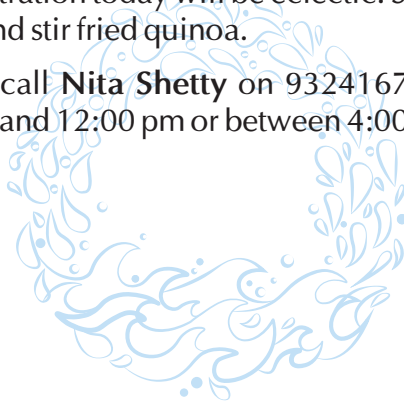
She has a degree in Chemistry and a Masters in Management. She has completed a housewife's cookery course at the Indian Institute of Hotel Management and several other courses in baking and cake decoration. She is also a research analyst and an asset manager. She teaches, does social service and dabbles in art.

Ranjana has been influenced by the cosmopolitan nature of Mumbai city and by her travels, both across India and abroad.

Ranjana's varied life experiences are also reflected in her cooking and hence, her demonstration today will be eclectic. She will demonstrate a couscous salad and stir fried quinoa.

To register, please call **Nita Shetty** on 9324167155 on 21st August between 10:00 am and 12:00 pm or between 4:00 pm and 6:00 pm.

Amita Sheth



Medha Chinai

Saturday, August 26th

11:00 am – 12:15 pm

(PLEASE NOTE THE CHANGE OF DATE)

Location:

**The David Sassoon Library
& Reading Room**

152, Mahatma Gandhi Road
Opposite Jehangir Art Gallery
Kala Ghoda, Fort
Mumbai 400001

Limit: 30 members

VISIT TO THE DAVID SASSOON LIBRARY AND READING ROOM

The **David Sassoon Library & Reading Room** at Kala Ghoda reopened in June 2023 after a 16-month restoration process. The restoration team battled termites and a leaky roof that had wreaked havoc on the old books and teak tables of this Victorian Neo-Gothic structure in Mumbai's iconic Kala Ghoda district. The project rehoused the nearly 30,000 valuable books and restored a large portion of the original Minton tile flooring, the arches, and the stone facade of the building.

The restoration was funded by the JSW Foundation, the ICICI Foundation and Tata Trusts, amongst others. It was executed by India's leading conservation architect **Abha Narain Lambah** in collaboration with **Sangita Jindal**. Today, Ms. Lambah and Ms. Jindal will share their experiences with us and answer questions.

Ms. Lambah has restored UNESCO World Heritage Sites like the Ajanta Caves, the Golconda Fort and the Mahabodhi Temple, along with Mumbai's Victorian buildings - Crawford Market, the Royal Opera House, and the Asiatic Society of Mumbai. Ms. Jindal chairs the JSW Foundation and the Jindal Arts Centre and is the President of Art India magazine, which focuses on contemporary art. Earlier, she chaired the Kala Ghoda Festival and created the Hampi Foundation to lead the conservation work at three temples in Hampi, Karnataka.

To register, please call **Laila Karan** on 98200 94000 on Monday, 21st August, between 11 am and 1 pm.

Sonica Arya

Radhika Singhal

Executive Committee 2023-2024

Art & Handicrafts

Perna Kewalramani
+91 9820238123

Juliana Ballard
+91 9152005183

Book Discussion

Farah Raina
+91 9820450806

Ayesha Soonawalla
+91 9821029744

Current Events

Neelam Narayan
+91 9820287877

Barbara Halusa
+91 9152240884

Cooking Swapshop

Amita Sheth
+91 9820031532

Medha Chinai
+919820031885

History, Culture & Tours

Sonica Arya
+91 9820046682

Radhika Singhal
+91 9820722336

Health & Ecology

Ritu Joshi
+91 9892330121

Bharti Chotirmal
+91 9820048890

Philosophy & Religion

Jeannie Madan
+91 9820180997

Benu Parkash
+91 9820557345

Music

Seema Singh
+919820127741

Harsha Shaparia
+91 9821113193

Performing Arts

Sunita Nahar
+91 9820280782

Zia Mehta
+91 9820120227



Board Members 2023-2024

PRESIDENTS

Hema (Tinu) Shanghvi
+91 9821027654
tikash61@gmail.com

Pervin Poonawala
+91 9820092668
pervinpoonawala@hotmail.com

VICE PRESIDENTS

Armaity Sumariwalla
+91 9820284858
armaitys@gmail.com

Vidya Srinivas
+91 9869918348
vidyacadambe@gmail.com

SECRETARIES

Rekha Chhabria
+91 9820159594
achhabria19@gmail.com

Sheetal Patel
+91 9820058817
sheetalpatel27@hotmail.com

TREASURERS

Amisha Himatsingka
+91 9322258617
amisha@miura.co.in

Ameeta Shah
+91 9820072658
shahameeta@hotmail.com

MEMBERSHIP TREASURERS

Ana Panandiker
+91 98204 12594
ana.d.panandiker@gmail.com

Nicola Gerber
+91 9820682450
nicola@fusionstudio.eu



www.indusinternational.org