

indus
INTERNATIONAL



MARCH - 2022

TOGETHER WE CAN BUILD CASTLES
2021-2022

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

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INDUS INTERNATIONAL

NEWSLETTER MARCH 2022 MONTH AT A GLANCE

Wednesday	2 nd	Cooking@^
Friday	4 th	Women's Day Celebration
Monday	7 th	Executive Meeting
Tuesday	8 th	Handicrafts^
Wednesday	9 th	Art@^
Friday	11 th	History, Culture and Tours^
Tuesday	15 th	Philosophy & Religion^
Wednesday	16 th	Book Discussion@^
Tuesday	22 nd	Current Events^
Thursday	24 th	Music^
Friday	25 th	Health & Ecology@^
Tuesday	29 th	Annual Event

@ Change of date

Change of time

^ Guests allowed

DESK OF THE PRESIDENTS

March is already upon us. It has been a very busy year so far and our gratitude goes out to each and every Indus member who has helped us in any and every way to make this year successful.

The Disbursement Committee has met and carefully gone through the many worthy appeals that we have received. The names of the charities receiving the donations will be listed in the April newsletter.

Our annual Indus Quiz was held in February - the theme being 'Festivals of the World'. We had a very competent team of Usha Jayaram, Maya Merchant, Devyani Jayakar & Minoti Jain who worked very hard to prepare for this fabulous quiz. We had three courageous and intelligent participants: Lubaina Soares, Radhika Singhal & Priya Mehta who took part in our Annual Indus Quiz. Priya Mehta being the winner. They all made it extremely enjoyable for all of us. We would like to extend our vote of thanks to all of them

We have some fantastic events coming this month so kindly mark your calendar for:-

Women's Day Celebration Music Extravaganza

Friday 4th, at 11am



Don't miss the **Indus Choir Annual Concert**



Thursday 24th at 11am



Indus Annual Event

Featuring the Amazing **Ugesh Sarcar**
The world's Completely Interactive Menatilst
Tuesday, March 29th at 11am

Can't wait to see you all and create happy and wonderful memories together.
Let the party begin!

Radhika Kaji

Ravitt Kedem

DATABASE CHANGES MARCH 2022

Change in Mobile number

Dharmishta Bhatia B 74 9137270599

Change in Email

Elinor Mirza MF 3 drfdmirza@gmail.com

NOTICE BOARD

BIRTHDAYS FOR MARCH

Nina Kilachand	1 st	Iddamarie Nanavati	3 rd
Minoti Jain	3 rd	Namita Jatia	3 rd
Usha Jayaram	6 th	Chandra Mirchandani	8 th
Uma Malik	8 th	Neelima Patel	11 th
Chand Sachdev	11 th	Devyani Jayakar	20 th
Zeena Rastomjee	21 st	Bijal Doshi	24 th
Nimmi Bhatia	26 th	Pushpa Dadlani	29 th
Radhika Kaji	31 st		

CONGRATULATIONS

Fondest congratulations to Prerna Kewalramani on becoming a grandmother.

CONDOLENCES

Our deepest condolences to Nandini Narvekar on the sad demise of her mother in law.

Our deepest condolences to Minoti Jain on the sad demise of her father in law.

EXECUTIVE MEETING

Monday 7th

11 am – 12 pm

ZOOM meeting:

Zoom ID will be posted on WhatsApp and emailed one day prior to the meeting.

Ladies, please email a copy of the blurb for your April meeting latest by 10th March 2022 to both:

Shivani Chadda
Rachel Bhot

shivani_chadda@yahoo.co.in
rachel.bhot@gmail.com

We do not require a hard copy of the blurb.

Please email your attendance sheets from the previous month's meeting to the Membership Treasurers immediately after your meeting on the emails given below.

skriegner@yahoo.com
mayamerchant@hotmail.com

Shivani Chadda

Rachel Bhot



COOKING SWAPSHOP

Wednesday 2nd

11.15 am – 12.15 pm
(Please note change of date)

ZOOM meeting:

Zoom ID will be posted on WhatsApp and emailed one day prior to the meeting.

Guests Welcome

STRAIGHT FROM THE HEART

Our very own Indus member, **Annu Toshniwal** will take to the floor and enthral us with her culinary skills.

Her cooking journey started with a desire to stir up a variety of ,delicious vegetarian food. She learnt from stalwarts like Tarla Dalal & Jyoti Parekh, & then experimented and honed her skills through her travels. All this culminated in her first amazing book- *Kaleidoscope of Sensory Delights*. The lockdown also didn't hold her back. Cooking a dish a day led to her next fascinating book- *70 unlocked!*

The magic ingredient in Annu's recipes is that she cooks from the heart. In her own words , different foods speak to her in different ways, connecting her to different times and memories. Join us for this upcoming delightful meeting , where she shares both recipes and memories.

Sure to be food for the soul!

Neelima Patel

Rachita Kapur



WOMEN'S DAY CELEBRATION

Friday 4th

11.15 am – 12.15 pm

ZOOM meeting:

Zoom ID will be posted on WhatsApp and emailed one day prior to the meeting.

The Musical Extravaganza

*“ She will make you smile even if she cries inside
She will help you deal with stress
Even if her thoughts are distressed
She will give you hope even if she is fighting through
She makes you happy and smile
Even if she is in Pain and blue
She sacrifices just for you
So tell her a thank you
Make her feel special, all the way
Wishing a Happy Women's Day”*

This morning we have a treasure of songs being performed by special people.

Manisha Janjot is an upcoming artist who comes from an underprivileged background but has the passion and hard work of becoming the next star.

Shai Divan is a 19 years old super talented vocalist and self taught pianist and guitarist from Mumbai. She started singing at the age of 4 at school concerts and has performed at many concerts, theatres, weddings and events since.

We also have **Rohan Malode** who will sing some warm heating and old soulful songs. He will render English, Hindi Mashups, some English Medleys, and Hindi Medleys.

We will end the **Musical Extravaganza** with catchy, peppy numbers we can dance to.

We request all to wear shades of Reds and Pinks.

Radhika Kaji

Ravit Kedem

HANDICRAFTS

Tuesday 8th

11.15 am – 12.15 pm

ZOOM meeting:

Zoom ID will be posted on WhatsApp and emailed one day prior to the meeting.

Guests Welcome

RECYCLING WASTE PLASTIC

Today we are joined by **Pratika Nagpal** who will speak to us about a truly unique and inspiring organisation. The Circulation Mission is a social innovation start-up whose mission is to pioneer the way towards a zero waste, circular economy. They are rooted in the circular economy, which is evident in their choice of raw material - recycled plastic.

She will speak to us about how they utilise waste plastic to make a range of eclectic, beautiful, functional and unique handcrafted products which are meant to be cherished and loved for years to come. And if in time, you decide you are bored and need a change, they will take back your plastic and repurpose it, keeping it out of landfills and in the right place!!

It is estimated every year, 8 million tonnes of plastic is discarded into our oceans, polluting our planet and creating a dangerous environment for all living things. Let us come together and join her effort to help reduce our plastic waste for future generations...

Anita Gupta

Laila Karan



ART

Wednesday 9th

11.15 am – 12.15 pm
(Please note change of date)

ZOOM meeting:

Zoom ID will be posted on WhatsApp and emailed one day prior to the meeting.

Guests Welcome

INTERIM_ STREET ART

interim_ is an artist-run alternative arts space, currently inhabiting a temporary structure in Worli that will soon go for re-development. Tied to its temporality, once time in the current space is up, interim_ will take form as a nomadic project, moving from space to space. The concept of this art space is not restricted to one type of art, but will showcase music, fashion, food etc. too, and possibly organize a residency where selected artists use the space as their studio for a short duration, culminating in a show.

Yaazd Contractor and **Simran Ankolkar** are artists and designers, who have recently returned from their studies abroad. Their “interim_” concept brings a type of art space to India, which we may know from London, Berlin or New York.

Let's listen to a new perspective on art from young artists facing a pandemic influenced start to their careers and their new show on street art.

Jiloo Billimoria

Nicola Gerber



HISTORY, CULTURE & TOURS

Friday 11th

11.15 am – 12.15 pm

ZOOM meeting:

Zoom ID will be posted on WhatsApp and emailed one day prior to the meeting.

Guests Welcome

A HOME WITH A HISTORY

Ms Deval Patel is an Advocate and Solicitor by profession with multiple qualifications.

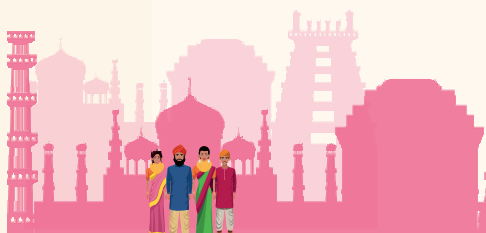
She has always had creative instincts and took up the challenge of restoring her father's 100+ year old estate in time for her parents 50th wedding anniversary. The fact that she did it singlehandedly without engaging the services of any architect, engineer designer or contractor made the project even more special.

Deval dedicates both, the restoration of Villa Rashmi and this talk to her parents Rashmi and Haresh Patel.

Do join us for a virtual walk through Rashmi Villa located at Malad.

Soha Parekh

Priya Mehta



PHILOSOPHY & RELIGION

Tuesday 15th

11.15 am – 12.15 pm

ZOOM meeting:

Zoom ID will be posted on WhatsApp and emailed one day prior to the meeting.

Guests Welcome

ASTROLOGY READINGS

Today we welcome **Neha Dhanuka**, a western astrologer, of Astro Vibes with Neha.

Her practice is using the clients' natal charts to unlock the mysteries of their realities, identifying blindspots and superpowers as we move through transitions, traumas, and self-awareness. The process is transformative, and the results are palpable-even if not always quantifiable.

Astrology readings are a gateway into the soul.

Join us as we embark on this journey of soul enlightenment.

Shalini Chuganee

Sabita Chuganee



BOOK DISCUSSION

Wednesday 16th

11.15 am – 12.15 pm
(Please note change of date)

ZOOM meeting:

Zoom ID will be posted on WhatsApp and emailed one day prior to the meeting.

Guests Welcome

WOMEN WHO WEAR ONLY THEMSELVES

Sri Annapurani Amma, a naked woman mystic, leaves the safety of home and family to follow the summons of a long-dead saint. Balarishi, a child guru and now a nada yogini, wonders if she's missed out on a real childhood. Lata Mani an academic, plunges into tantra after a traumatic brain injury, whilst Maa Karpoori, catapults from marriage to monkhood, without losing her feistiness.

Women Who Wear Only Themselves by poet and seeker **Arundhathi Subramaniam** gives us a glimpse into the lives of four self-contained, unapologetic female spiritual travellers. Sensitive, insightful and spare, these extraordinary essays are a revelation and a celebration.

Arundhathi is a leading Indian poet and author of thirteen books of poetry and prose, including the critically acclaimed book of poems, *Love Without a Story*. Shortlisted for the TS Eliot Prize 2015, she was awarded the Sahitya Akademi Award 2020. She has worked as a curator, critic and poetry editor.

Prerna Kewalramani

Vidya Srinivas



CURRENT EVENTS

Tuesday 22nd

11.15 am – 12.15 pm

ZOOM meeting:

Zoom ID will be posted on WhatsApp and emailed one day prior to the meeting.

Guests Welcome

TOUCHSCREEN STORIES

Sunalika Sinha - A graphic designer from the National Institute of Design. Presently she is working on iPhone photo-stories. Each photo-story is unique. The objective is to create soulful work. Sunalika has received several awards -

AF Architettura e Fotografia Master Photo, MUPaM Best Photo, Minimalist Corner Top 2, AF Architettura e Fotografia Best Photo, ArchiMinimal Pic of the Day, to name a few.

The module is segmented into 3 parts -

- 1. EXCERPTS**-a bite size film introducing the spectrum of work and a chat connected to the work. The dialogue will also focus on the ability of phone cameras as being the most powerful and capable creative tools present today.
- 2. ARCHITECTURE**-my weakness, my strength. A mini film on Mumbai's Converting Skyline. Through the film a quick introduction to composition in photography - viewpoint, rule of thirds, balance, framing etc.
- 3. THERE ARE NO RULES**-everyone can take amazing photographs. All you need to know about phone cameras and quick-start apps to elevate and enhance your photos.

A few stories are presented as they are shot. While others are worked upon with various digital platforms such as Photoshop, PhotoRoom, SketchBook, Snapseed, Mirror etc. The final image may be quite different from the original image shot.

Varsha Sheth



Avni Parikh

MUSIC

Thursday 24th

11.15 am – 12.15 pm

ZOOM meeting:

Zoom ID will be posted on WhatsApp and emailed one day prior to the meeting.

Guests Welcome

INDUS CHOIR

Our very own Indus Choir are all set to regale you with popular songs and finger snapping melodies from the popular 'I will Follow Him' to the iconic 'Bohemian Rhapsody'.

Come and enjoy a morning of music that will take you down memory lane and leave you craving for more.

Salome Roy Kapur

Marietta Barreto



HEALTH & ECOLOGY

Friday 25th

11.15 am – 12.15 pm
(Please note change of date)

ZOOM meeting: **Zoom ID will be posted on WhatsApp and emailed one day prior to the meeting.**

Guests Welcome

REFLEXOLOGY FOR HOLISTIC HEALTH & WELL BEING PLUS LONG COVID & LYMPH DRAINAGE

Our member **Rachel Wawn Kurien** trained in Reflexology under Maureen Burgess while working in London 20 years ago and practised it on the side-lines of her Development work. 3 years ago she decided to pursue it as her full time calling - through private clients, training & teaching in the Palliative Care space.

Reflexology is an ancient art of healing. It is a complementary, holistic therapy, using reflex points usually on the feet, which correspond to all the organs & systems of the body, creating a reflex reaction to stimulate the body to return to its natural state of balance. Reflexology induces relaxation, reduces stress & tension, improves sleep, mood & overall wellbeing and can help with many conditions of dis-ease.

Rachel will also share some simple Hand Reflexology sequences that you can use on yourself for relieving stress & aiding sleep.

Varsha Alwani

Shabana Abdulkarim



EXCLUSIVE EXPERIENCE WITH



indus
INTERNATIONAL

**AN INTERACTIVE
EXPERIENCE ON ZOOM**

**YOUR MIND IS MINE
UGESH
MENTALIST
SARCAR**
DIRECTED BY SHAKIR KHAN CO-CREATED BY NAQUMA JIRUWALA



2.0



WHEN
29TH MARCH
TUESDAY
11:00 AM

WHERE
ZOOM Meeting

Ugesh Sarcar's Your Mind is Mine 2.0 is the world's ONLY completely interactive Mentalism experience through the digital medium. It is a unique experience which entertains and empowers with it's powerful use of technology, communication and Ugesh Sarcar's masterful showmanship.

What you can expect at the experience:

Imagine tasting something without actually eating it.
Imagine being able to read someone's mind through
the digital screen.

Imagine being able to move objects with your mind in
your own home!

All this and more is in store for you, where the magic happens
on YOUR side of screen!

ANNUAL EVENT

Tuesday 29th

11.15 am – 12.15 pm

ZOOM meeting:

Zoom ID will be posted on WhatsApp and emailed one day prior to the meeting.

THE EMPEROR OF MAGIC

What do **Shahrukh Khan, Rahul Dravid, Shreyas Iyer, Farhan Akhtar, Ambani's**, etc., have in common? They were all mind-blowing with the classy performance of the **Emperor of Magic, Ugesh Sarcar!**

Now you have a chance to experience the same out of this world interactive performance, **right in your home!**

Your Mind is Mine is an empowering and interactive show where you can experience some mind-blowing experiences like unbelievable mind-reading, you being able to move objects with your mind in your very own house, surreal sensations and much more!

RadhikaKaji

Ravit Kedem



Sometimes I feel I want to go back in time... by Shahbaz Khan

“Sometimes, I feel I want to go back in time...
Not to change things, but to feel a couple of things twice..

Sometimes, I wish I was a Baby for a while...
Not to be walked in the pram but to see my Mother's smile

Sometimes, I wish I could go back to school...
Not to become a child but to spend more time with those friends, I
never met after school..

Sometimes, I wish I could be back in college...
Not to be a rebel but to really understand what I studied

Sometimes, I wish I was a Fresher at my work...
Not to do less work but to recall the joy of the first pay cheque

Sometimes, I wish I could marry again all over...
Not to change the partner but to 'feel' the ceremony better

Sometimes, I wish my kids were younger...
Not because they grew fast but to play with them a bit more

Sometimes, I feel I still had some more time to live...
Not to have a longer life but to know what I could give to others

Since the times that are gone can never come back,
let's enjoy the moments as we live them from now on,
to the fullest..
Let's Celebrate our Life”



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