

indus
INTERNATIONAL



JULY - 2021

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

Postal Address :

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INDUS INTERNATIONAL

NEWSLETTER JULY 2021 MONTH AT A GLANCE

Thursday	1 st	Art #^
Monday	5 th	Executive Meeting
Tuesday	6 th	Music @#^
Wednesday	7 th	Zoom Training Meeting
Friday	9 th	History Culture and Tours ^
Tuesday	13 th	Handicrafts ^
Thursday	15 th	Book Discussion #^
Friday	16 th	Health & Ecology ^
Tuesday	20 th	Philosophy and Religion ^
Friday	23 rd	Cooking ^
Tuesday	27 th	Current Events ^
Thursday	29 th	Performing Arts & Presidents Meet @^

@ Change of date

Change of time

^ Guests allowed

DESK OF THE PRESIDENTS

God didn't promise days
Without pain,
Laughter without sorrow,
Or Sun without rain
But he did promise strength
For the day, comfort for
the tears, and light
For the way.
If God brings you to it,
He will bring you
Through it.

As we soak in the first shower of rain it feels like a balm to the scorching heat of the summer. As the foliage turns green, we get a fresh lease of positivity & energy.

Our Disbursement and Membership committees are now on board. We look forward to working with our new committee members. As this is an unusual year, we will disburse the amounts as we receive donations to provide timely help to the Covid warriors and Covid Victims.

This year's Chairladies are working hard to make this an exciting year by organizing international speakers to address us and Vice Presidents are working on organizing fellowships that are fun and interactive. Lots of our foreign members have gone back home to be with their loved ones due to the pandemic. To facilitate them our Chairladies have organized some afternoon meetings.

This Pandemic has taught us life lessons, such as to preserve our environment and show gratitude for all that we have. Hence, this year we have decided to plant a tree in the name of our guest speakers, as token of our appreciation and present them with a certificate. We would also like to take this opportunity to thank everyone who have lent us a helping hand. This month we would like to specially thank **Minoti Jain** and **Ferzana Khanna** who over the years have tirelessly assisted every President. We would also like to thank our dear members who volunteered to fill in all committee positions, board and chairladies.

A special reminder to our senior members that this year we have appointed two long-standing and well-appreciated members: **Dinoo Parakh** and **Jinx Akerkar** whom you can address with any issue related to Indus activities, ideas, and suggestions. We also have two participation helpmates, **Sheena Kataria & Mumtaz Kachwalla** who will help all members with participation.

Lastly it is only the presence of Indus members who make meetings and fellowship fun. Look forward to seeing you all at our virtual meetings.

Radhika Kaji



Ravit Kedem

CHANGES IN DATABASE JULY 2021

CHANGE IN STATUS

Dinoo Parakh P 63

From Active to Senior Member

CORRECTION OF EMAIL ADDRESS

Please note correct email address for Jiloo Billimoria, Art Chairlady
jiloo.billimoria@gmail.com

BIRTHDAYS FOR JULY

Annu Toshniwal	4 th
Lata Kotecha	5 th
Sheena Kataria	13 th
Leena Vaid	19 th
Jyotsna Banatwala	19 th
Pam Daswani	21 st
Ila Kaji	22 nd
Arnaz Antia	24 th
Dharmishta Bhatia	26 th
Vrinda Jhunjhunwala	26 th
Devna Shah	30 th
Nadini Kapashi	31 st

NOTICE BOARD

Annual Fee and Membership Renewal Form 2021-2022

Please send your renewal fee of Rs.3,500/- before 31st July 2021. Due to the current Covid-19 Pandemic situation, a contactless payment mode has been arranged. The following are the TWO payment options:

Option 1: Cheque payment

A cheque in the name of Indus International accompanied with a note stating Full Name and Membership No. can be dropped off at the residences of either one of the following members:

Pedder Road	Prabha Devi
Kaya Shewakramani 15A, Seth Minar, Pedder Road, Mumbai 400026 Tel-9821052927	Rashna Doongaji 1701 siddhi vinayak horizon tower A Veer Nariman Road Prabha devi Mumbai 400025 Tel-+91 98200 48351
Cuffe Parade	Bandra and Khar West
Shivani Chadda 4th floor Dalamal Apartment next to Sainara building, Cuffe Parade Mumbai 400005 Tel- 9821045900	Ravit Kedem 302 Sathe Building 14 Road, Khar West, Mumbai 400052 Tel 9819837111
Saat Rasta Circle	Malabar Hill
Nisha Mehta A/2301, vivarea , Saat rasta circle Mumbai 400011 Tel-9820020045	Rekha Chhabria Sumangal Apts -11th floor Flat no 22 Opp malabar hill club, Malabar hill, Mumbai -6 Tel-+91 98201 59594

A message should be sent to the member to whom the cheque is being delivered stating the time and person the cheque has been handed over. This will ensure that the cheque doesn't get misplaced.

Option 2: Online transfer

Renewal through a payment gateway link which has been sent to you via email and WhatsApp soon after the AGM. After you click the link in the "Purpose of Payment" write your full name and membership number and complete the online transfer.

Membership Renewal Form: Please ensure that the online membership form has been duly filled and returned via email **membershipindus@gmail.com** to the membership treasurers by 31st July 2021.

If you need any clarification, please call:

- a) Selma Kriegner +91 8828020886
- b) Pamela Chay +91 9136028788
- c) Nandini Narvekar +919821131503 (Monday- Friday 2pm - 6pm)
- d) Priya Mehta +91 9819131406 (Monday - Friday 9am -11am)

CONDOLENCES

Our deepest condolences to Tannaz Commissariat on the sad demise of her husband.

COMMITTEES

Membership Committee

Current Presidents

Radhika Kaji, Ravit Kadem

Past Presidents

Sarita Agarwal, Maria Bharwani

Membership Treasurers

Pamela Chay, Selma Kreigner

Members

Nafisa Khorakiwala, Anjali Mariwala,
Bina Kejriwal

Disbursement Committee

Current Presidents

Radhika Kaji, Ravit Kadem

Treasurers

Kaya Shewakramani, Nisha Aggarwal

Members

Bharti Chotirmall, Ayesha Soonawalla,
Neena Patel, Rachel Wawn Kurien

FINAL APPEAL

As we are all aware that due to the long-term impact of COVID-19, there is a genuine need for huge financial support as we combat the challenges thrown at children and disadvantaged people across our country. We would like to take a step forward from our side to support the Corona warriors.

We look forward to your participation, contribution and support in whatever way possible. All contributions made will get 80G benefit. No contribution is small. This year we will disburse funds as we receive to ensure maximum benefit at the right time to the daily wage earners and the people hit with covid.

No	List of material	Use	Unit Cost	Unit	Amount(INR)	Name of NGO
1	N-95 Mask	For protection of frontline workers	40	500	20000	United Way Mumbai
2	PPE Kit	Personal Protective Equipment for protection of healthcare workers in COVID-19 wards	400	500	200000	United Way Mumbai
3	Kit – O2 Flow Meter, Nasal Cannula, NRBM (Non re-breather Mask)	To supply the Oxygen to patients. The O2 flow meter, nasal cannula, NRBM masks. These consumables can be used only single time. IIF will give such consumable sets to oxygenate patient at Mokhada COVID centre &PHCs	1950	50	97,500	Impact India Foundation (IIF)
4	Pulse Oxymeter	To track early sign of Covid 19 and symptoms it is important to measure oxygen levels, Heart rate and respiratory rate – CHOs will distribute the pulse oxymeters in Mokhada block – 1 pulse Oximeter to each local champion whom our CHOs will train	1600	800	17,297	Impact India Foundation (IIF)
5	Digital Thermometer	To track early sign of Covid 19 and symptoms it is important to measure body temperature levels – CHOs will distribute the digital thermometers in Mokhada block – 1 thermometer each to local champion whom our CHOs will train	2,200	800	23,784	Impact India Foundation (IIF)

6	Daily Meal	For a month 2 meals	45	150	4,05,000	With Arya
7	Providing ration & hygiene supplies to daily wage earners	Adequate for 4 persons for 1 month. Contains Rice (10 kgs), Wheat Flour (10 kgs), Tur Dal (3 kgs), Moong Dal (2 kgs), Cooking Oil (3 litres), Salt (1 kg), Sugar (2 kgs), Tea Powder (0.25 kg), Bathing Soap (4), Washing Soap (4), Toothpaste (1), Sanitary Pads (1 packet) and Phenyl (1)	2925	100	292500	United Way Mumbai
8	Providing ration & hygiene supplies to daily wage earners	Sufficient for a family of 4 for 8 days. Rice 5kgs, Atta,5kgs, Rawa half kilo, Sugar 2kgs, salt 1kg,2kgsToor dal, Oil 1 litre, mirchi, haldi dhania powder 100 grams each, tea 250 gms, detergent two and soap two units	950	100	95000	Helping Hands
9	Oxygen Concentrator Machines	An oxygen concentrator is a device used for delivering oxygen to individuals with respiratory illnesses.	4,32,50	10	4,32,500	With Arya
10	Dialysis machine	Braun German machine	570000	1	570000	Rotary Club of Bombay
11	Dialysis treatment	Cost of sponsoring @ Rs 900 for each cycle. Patients need 3 cycles per week. 12 for the month	900	30*10 Persons	10800	Rotary Club of Bombay
12	Tab. Letrozole 2.5 mg	Chemotherapy tablets, post breast cancer surgery for distribution to lesser-privileged breast cancer patients .	3000	100 Patients	3,00,000	Passages

EXECUTIVE MEETING

Monday 5th

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 August meeting latest by 5th July 2021 to both:

Shivani Chadda

shivani_chadda@yahoo.co.in

Rachel Bhot

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.

Selma Kriegner

skriegner@yahoo.com

Pamela Chay

pamela_chay@yahoo.com.sg

Shivani Chadda

Rachel Bhot



ART

Thursday 1st

5.00 pm – 6.00 pm
(Please note change of time)

ZOOM meeting:

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

Guests Welcome

EXPERIMENTAL DRAWING IN ARCHITECTURE

Architecture as “the mother of Arts” draws on, relates to and inspires artistic practices, which reflect and process the world in which we live. Experimental drawing is an artistic practice used in many artforms, which helps to see, understand, reflect and form-find visual expressions of abstract thought, civil and cultural values and current technical capacities.

Astrid Bornheim is one of the most interesting women architects in Berlin (Germany) today, who will talk to us about her constantly evolving sense of form and space and how experimental drawing as a process inspires her daily design work.

She has won awards and scholarships, her work has been exhibited at the Venice Architectural Biennale and various architecture galleries, she lectured and taught at the Bauhaus University Weimar and University Bochum in Germany and at the University of Nottingham (UK), curated exhibitions e.g. at the BDA Galerie Berlin and at Deutscher Werkbund, and engages in symposiums about architecture and culture. She also runs her own architecture and design practice in Berlin.

We look forward to taking you into her world of contemporary thought and form.

Jiloo Billimoria



Nicola Gerber

MUSIC

Tuesday 6th

3.30 pm – 4.30 pm

(Please note change of date and time)

ZOOM meeting:

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

Guests Welcome (only if pre-registered)

TAUFIQ QURESHI: Ace percussionist of India and acclaimed composer.

Taufiq Qureshi is the son and disciple of the legendary Ustad Allarakha and brother of the maestro Ustad Zakir Hussain, both of whom have greatly influenced his work.

Taufiq's musical compositions have received internationally acclaimed awards.

He developed a unique rhythmic language to adapt the tabla syllables on the African drum, the Djembe to Indian rhythmic compositions. His mastery over a variety of percussions adds a unique element to any musical composition, resulting in an exciting fusion of the traditional Indian flavours with contemporary world rhythms.

During this special presentation, Taufiq will share his personal thoughts, insights and inspirations behind some of his celebrated works:

“Alla Ne Raka” - the 100 year anniversary tribute to his father Ustad Allarakha which included several other great musicians.

“Rhydun” - a unique album that marked his departure from traditional Indian percussion to an alternate form of music that has successfully resonated with all age groups and cultures worldwide.

Note: Please register your guests latest by **5th July** by sending a WhatsApp to Marietta Barreto on 9822004421.

Salome Roy Kapur

Marietta Barreto



ZOOM TRAINING SESSION

Wednesday 7th

5.00 pm – 6.00 pm

ZOOM meeting:

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

Zoom is a cloud-based video conferencing application that has replaced our physical meetings in the past year. To facilitate any question about the zoom meeting we will conduct a special meeting, which will include the following subjects:

- 1 - How to write your name and membership number
- 2 - How to use the chat
- 3 - How to bring back the video when it disappears
- 4 - How to adjust the audio of your device

Radhika Kaji

Ravit Kadem

Dinoo Parakh

Jinx Akerkar

HISTORY, CULTURE & TOURS

Friday 9th

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

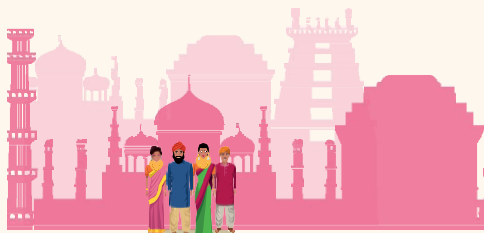
WOMEN'S RAMAYAN

Ramayan is an epic that has found fame across the world and over the centuries there have been numerous versions. Many of us know about the common version, which focuses on Ram's story, but there are versions that focus on the women's story, from Sita's perspective. These are in the form of narratives or songs sung during weddings. **Utkarsh Patel** will bring to focus the **Women's Ramayan**.

Utkarsh Patel is a corporate - professional turned mythologist. He has authored a number of books on the same subject. He has a qualification in mythology, both Indian and World from Mumbai University, he is a lecturer of Comparative Mythology at the same. A TEDx speaker, founder member of 'The Mythology Project' he conducts regular workshops on various mythologies of the world like Greek, Mesopotamian, Norse and the Indian epics.

Soha Parekh

Priya Mehta



HANDICRAFTS

Tuesday 13th

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

DEMYSTIFYING THE ART OF GEMOLOGY!

Gemology is the science of studying, cutting and valuing precious stones, but as most gemologists will acknowledge the essence of gemology is in identifying the various gemstones.

After doing a course in Gemology **Shilpa Puri** was immediately attracted to crystals and their healing properties. She will explain to us how these natural stones possess powers connected to the earth and can help bring emotional, material and spiritual wellbeing. Building on her in-depth knowledge, Shilpa Puri will also share with us some ideas of how crystals can help in healing individuals, particularly during this pandemic.

In addition, Shilpa will also share with us how she has designed multipurpose mask chains using crystals & evil eye shell pearls. These chains can interestingly be used in four or five different ways.

Ladies please do join us for what promises to be a very interesting and informative meeting.

Anita Gupta

Laila Karan



BOOK DISCUSSION

Thursday 15th

2.30 pm – 3.30 pm
(Please note change of time)

ZOOM meeting:

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

Guests Welcome

LEGEND OF SUHELDEV: The King Who Saved India

Listed as the one of the 50 most powerful Indians by India Today, selected as an Eisenhower Fellow, author, columnist and Diplomat (currently The Director of The Nehru Centre, London) **Amish** will chat with us today about his new book, Legend of Suheldev.

His earlier books, The Shiva Trilogy and the Ram Chandra series, were probably the fastest selling books in Indian publishing history. Amish worked for 14 years in the finance industry before turning to writing.

Prerna Kewalramani

Vidya Srinivas



HEALTH & ECOLOGY

Friday 16th

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

SAFE, ACCESSIBLE & EFFECTIVE POSTURE, MOVEMENT & BREATHING FOR JOINT HEALTH & CELLULAR REGENERATION

Australian based physiotherapist, **Simon Borg-Olivier** MSc BAppSc (Physiotherapy) APAM c-IAYT will present a **live practice session** of a safe, accessible and effective posture, movement and breathing system to help your body on all levels. It can prevent and remove joint pain and enable you to function normally in life. Build your energy levels while keeping relaxed. One can avoid and recover from sickness and injury, improve digestion of food and absorption of nutrients, and cells regenerate. This practice is ideal for practising as a moving meditation. It can be the precursor for all forms of movement, including yoga, dance and internal martial arts.

Simon Borg-Olivier has been practising yoga for more than 50 years, teaching many types of posture, movement and breathing for 40 years, and has been an exercise-based physiotherapist for 25 years. He is also a research-based university scientist and lecturer who teaches internationally since 1990.

Varsha Alwani

Shabana Abdulkarim



PHILOSOPHY & RELIGION

Tuesday 20th

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

EMOTIONS & SPIRITUALITY

As Rumi says "The wound is the place where the light enters you."

Since our very existence we have a knowing of being more than this personality and body. We are eternal consciousness residing within our bodies. Our soul, mind and body is colored by our emotional life. The path to spirituality is indeed paved with our healed emotions.

How do emotions destroy or build our spirituality? Should we meditate and still these emotions? Or do we need to engage in our emotionality and harness them?

Join us for this and more with transpersonal psychotherapist and mind life coach, **Ameeta Sanghavi Shah** as she takes us through understanding the journey of life by embracing emotions, to heal and evolve.

Shalini Chuganee

Sabita Chuganee



COOKING SWAPSHOP

Friday 23rd

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 SNEAK PEEK INTO THE WORLD OF BENGALI CUISINE

Let's take a trip to Bengal's amazing palate with **Iti Misra**. Experience the flavours, understand its soul and relish the delicacies of Bengali cuisine like a true Bengali would.

Born and educated in Kolkata, Iti, is a retired airline executive and a home chef. Proud of her heritage, she helps travelers discover the flavours and nuances of her favourite cuisine through Bengali meals and cooking lessons at her home.

Iti has participated in several pop ups and food festivals across the country in popular hotels and restaurants, including The Maurya, Bombay Canteen, The Coromandel Cafe, The Swasara Safari Lodge and The Monkey Bar. She has also been featured in a CNBC travel documentary.

Let's travel with Iti, as she shares some favourite family recipes, peppered with stories of their origin and reasons for their popularity in Bengali kitchens.

Neelima Patel

Rachita Kapur



CURRENT EVENTS

Tuesday 27th

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 (only if pre-registered)

CRAFTING THE FUTURE

An evolutionary change in the world is beckoning us to review our lifestyle. It has therefore become relevant to merge traditional crafts with contemporary style.

The ideology of the brand **Sunita Shanker** is rooted in Artisanal design & process. Sunita has succeeded in propagating the importance of Handmade in India. Inspired by the rich traditional crafts, her designs are a unique interpretation of style that combines both fashion and tradition.

Besides having her curated work retailed from The Conran Shop & Selfridges, Sunita's works have also been exhibited in the Museum of far Eastern antiquities, Stockholm, Yokohama silk Museum and a few other international Museums. She has been a consultant to the Ministry of Textiles, and is also a special invitee on the Senate of NIFT to promote handloom & handicraft in design education.

Note: Please register your guests **latest by 25th July** by sending a WhatsApp to Jyoti Jasani 9867300071

Varsha Sheth

Avni Parikh



INDUS PRESIDENTS & PERFORMING ARTS

Thursday 29th

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

Laugh out loud with Cyrus Broacha

Cyrus Broacha a popular comedian, TV anchor and political satirist is our guest and he wants us to join in!

We have 3 fun topics and need 3 ladies for each topic (so 9 in total)

1. Lockdown life & husbands
2. Crazy Zoom moments
3. Ageing anecdotes

Come share your fun stories with us and Cyrus will joke and laugh with you.

We can expect parody, tongue in cheek humour and plenty of good laughs. Nothing is off limits.

Those ladies interested in taking part can give their names to Radhika Kaji - 9987200001 or Deepika Amin - 9820613532. You will get a participation point.

Join us for this very special interactive meeting, full of fun and witty humour.

Radhika Kaji
Deepika Amin

Ravit Kedem
Anahita Havaldar



Board Members 2021-2022

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