



indus
INTERNATIONAL

2022-2023



PATIENCE & PERSEVERANCE

SEPTEMBER 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 :

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 : [indusinternationalmumbai](https://www.instagram.com/indusinternationalmumbai)

INDUS INTERNATIONAL

NEWSLETTER SEPTEMBER 2022 MONTH AT A GLANCE

Friday	2 nd	Performing Arts 
Monday	5 th	Executive Meeting
Tuesday	6 th	Handicraft 
Friday.	9 th	History Culture and Tours
Tuesday	12 th	Art 
Thursday.	15 th	Book Discussion 
Friday	16 th	Health and Ecology  
Tuesday	20 th	Philosophy and Religion 
Thursday	22 nd	Fellowship 
Friday	23 rd	Cooking 
Tuesday	27 th	Current events 

Change of date: 

Change of time: 

Guests allowed: 

DESK OF THE PRESIDENTS

A warm welcome to all our members who have been travelling in India and abroad.

September is a wonderful month. The weather is not as it is in summer and the rains will start receding soon enabling us to organise more in person events.

September is also the month for the nine day Navratri festival. A festival dedicated to Goddess Durga. Our Vice Presidents, Priya and Marietta along with our enthusiastic music chairladies Ranjana and Hemal have planned to celebrate this festival at our Indus Fellowship on 22nd September. It will be a memorable morning of traditional dance (garba) and food.

One of Indus's most important event used to be the Festival of Charities....FOC to many of us. This year we have decided to take the FOC on a digital platform (see Notice Board)

Our 22 trippers after a hiatus of two years are all set to leave on 27th September for the Indus trip to Kashmir. We wish them a safe trip and good times and can't wait to hear their memoirs!!! A big thank you to our travel committee for their relentless work.

The chairladies are working really hard to arrange interesting meetings. In August it was a privilege to hear these accomplished speakers in an intimate gathering and share their expertise and insights.

We had an interesting walk with the curators of CSMVS museum, understanding Miniature Indian and Himalayan Art. This was followed by a delightful talk by Persis Vatcha who took us through an unusual perspective on handicrafts with emphasis on architectural marvels. Nityanand Charan Das a practicing monk enlightened us about the perfection of yoga, Justice Roshan Dalvi spoke about gender perspectives in laws and Society.

Please feel free to contribute not only in attending meetings but also in getting actively involved in organising or any other personal contribution. So ladies do come forward to help and participate.

Enjoy this season and see you at our meetings!

Sheena Kataria

Nalini Shewakramani

NOTICE BOARD

CHANGE IN BOARD

Usha Jayaram replaces Gayatri Bewoor as the Secretary from 1st September 2022 for the year 2022 -23.

CONGRATULATIONS

Our warmest Congratulations to Usha Jayaram on becoming a grandmother.

CONDOLENCES

Deepest condolences to Rieke Cadee on the sudden demise of her father.

Deepest condolences to Rachita Kapur on the sad demise of her mother in law.

ATTENDANCE AT MEETINGS

From September 2022, in person meetings are on a walk in basis (registration no longer required unless specified by the activity chairlady in the blurb).

Do wear your Indus name Badges for the meetings.

We would also like to see our Senior members at meetings.... at least a minimum of 6 meetings per year.

QUIZ

Members wishing to participate in the upcoming October Holly – Bolly quiz please contact the Vice Presidents.

CONTRIBUTORY DIWALI LUNCH

A fun filled afternoon with surprise entertainment and lucky draw.

Book your seat or form your group of 6 per table.

Your contribution to this event will help in sponsoring a CHAAT PARTY and to donate Cycles, Tricycles and Badminton Rackets and other sports equipment for the resident girls at Shradhdhanand Mahila Ashram - Matunga.

Don't miss the fun, call to participate :

Tinu Sanghvi 9821027654

Swati Jajodia 9821028587

Anju Siraj 9820230640

Ameeta Shah 9820072658

WELFARE

In keeping up with the tradition of Indus Festival of Charities, a welfare team has been formed. The team aspires to support the welfare of NGOs and support various causes through a digital online webpage through our Indus website <https://www.indusinternational.org> (and hopefully offline too).

Do follow us on social media

Website:

<https://www.indusinternational.org/festivalofcharities>

Instagram:

<https://instagram.com/festivalofcharities>

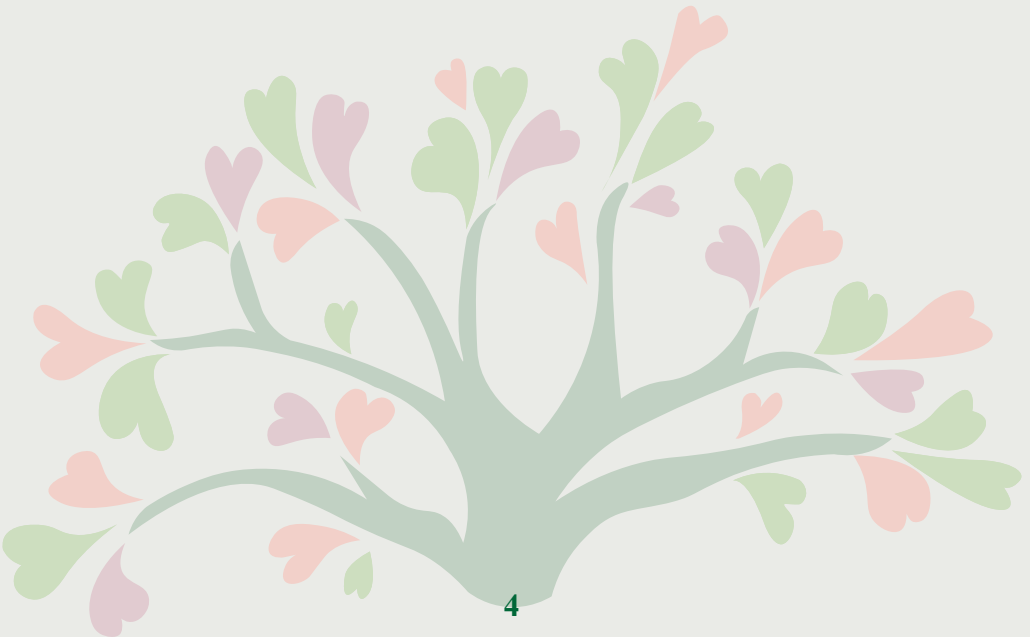
WELFARE TEAM 2022-2023

Coordinating with the NGOs : Lyla Mehta, Prerna Kewalramani, Sheena Kataria & Kaya Shewakramani

Designing : Ayesha Soonawalla & Vinay Kumari Chopra

Tech support and webpage : Isha Kedia & Minoti Jain

Communications : Farah Raina & Rashna Billimoria



DATABASE CHANGES FOR SEPTEMBER 2022

Resignations

Pragna Patel	P32
Sushma Thadani	T09
Nalina Mansukhani	M11
Deepa Navani	N45
Rachel McMull	MM2
Petra Morhard	MM5

Change of Addresss

Shalini Khanna K29
Jolly Maker Tower A, Apt 1
Cuffe Parade, opp World Trade Center
Mumbai 400005

Change of Telephone Number

Dharmishta Bhatia B74
9137270599

INDUS INTERNATIONAL DISBURSEMENT

We would like to thank our generous member donors and friends to make it possible to donate towards several worthy causes.

Thank you to the Disbursement committee for your guidance and support in allocating the funds.

INDUS INTERNATIONAL DISBURSEMENT JULY 2022

Organization	Project	Appeal	Amount in Rupees
WIT	EQUIPMENT FOR NURSING SCHOOL	189000	1,90,000
PASSAGES	CHEMOTHERAPHY TABLETS	250000	3,00,000
CUDDLES	RATION BUNDLES FOR CHILDREN FIGHTING CANCER	648 BASKETS @ RS. 3400 EACH	100 BASKETS 3,40,000
YASHAM	SPONSOR ACTIVITIES FOR A CLASS FOR A MONTH	12000/- PER MONTH	1,20,000
SMOKELESS CHULHAS`	WOMNES HEALTH & ENVIRONMENT	600 CHULHAS@ RS. 2000/- EACH	100 CHULHAS 2,00,000
BACKYARD POULTRY	RURAL WOMENS LIVELIHOOD & NUTRITION	300 HOUSEHOLDS @ RS. 7000	30 HOUSEHOLDS 2,10,000
BICYCLE PROJECT	DONATE A CYCLE FOR GIRLCHILD	100 CYCLES @ Rs. 5000/- each	20 cycles 1,00,000
WOMENS GRADUATE UNION	SCHOLARSHIP PROGRAM FOR 10 STUDENTS	Rs. 15000/- each 150000	1,50,000

TOTAL

Rs. 16,10,000/-

(Rs. Sixteen Lakhs Ten Thousand Only)



BIRTHDAYS FOR SEPTEMBER

Wishing all our members Best Wishes on their special day
"Joyeux anniversaire" (French)

BIRTHDAYS SEPTEMBER 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1  Sahar Agboatwala	2  Amisha H
3	4  Sandhya Vora	5	6  Bharti Chotimal	7	8	9  Sushu Kamlani
10	11	12	13  Deepika Amin	14  Cherry Mehta	15	16  Sucharita Sapna Kanchan Zia Madhavi K Lina
17  Anupam Anand	18  Parnika Azmina	19  Sucharu Khanna	20	21	22  Manju S	23  Laila Karan
24  Sharmeen Maskati	25  Sandhya Tanna	26	27  Yasmin Premji	28  Saju T	29  Preeti Maria	30  Lyla Mehta
31						

Joy of Giving

Birthdays are a special occasion, make a difference and spread the Joy of Giving

Celebrate by donating to Indus International and support the cause undertaken of your choice.

Contact: Sheena Kataria or Kaya Shewakramani



Diwali Party

Oct.14th.
11am - 2pm



Thacker's thali
Stand up comedy
Lucky Draw Prizes

Proceeds will fund cycles & sports equipment, and a Chaat evening for the girls of Shraddhanand Mahila Ashram Matunga



PERFORMING ARTS

Friday 2nd September

11:15 a.m -12:15 p.m

Zoom meeting

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

Guests welcome

AVANTI PATEL – Indian Idol Season 10 Finalist

To introduce Avanti Patel as an Indian Idol topper would be a gross injustice to this powerhouse of talent.

Avanti is a Hindustani semi-classical vocalist playback singer, composer and innovator,. Being the daughter of very successful doctors , she broke the medical family tradition and entered the field of music at the tender age of 5 years .

Her areas of passion are Thumri and Gazal Gayki . Her recent project O Gaanewali is a show based on the lives and music of Tawaifs and women performers in India .

This show premiered live at NCPA to a full house.

She has performed over a 1000 shows worldwide . Has been the lead female singer for Bollywood Gharana , a fusion music show ,for Sukhan, a show based on Urdu poetry and many more such platforms.

Her command of language easily flows through Hindi, Urdu, Marathi and Gujarati.

Today she will talk about her journey in the world of music, important milestones and approach to music as a lifestyle in day to day life.

Avanti will share some of her performances .

To master such a vast range of classical vocal music , at this young age , is indeed commendable .

Gopi Vaid

Neeru Mehra

EXECUTIVE MEETING

Monday 5th September 11:00 a.m - 12:15 p.m

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 September meeting latest by 10th September 2022 to both:

Priya Mehta

priya.n.mehta@gmail.com

Marietta Barreto

mariettabarreto@hotmail.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.

mayamerchant@hotmail.com

ana.d.panandiker@gmail.com

Priya Mehta

Marietta Barreto

HANDICRAFTS

Tuesday 6th September 11:15 a.m - 12:15 p.m
(Please note change of date)

In-person meeting

Venue: **ARTISANS'**
52 – 56, V. B. Gandhi Marg,
Kala Ghoda,
Mumbai 400001.

(ARTISANS' is on the first floor with stairs as only access)

Guests welcome

The Humanity of Handmade: Ethel Mairet, Coomaraswamy and Gandhi

British born Ethel Mairet was a pioneer of weaving in the early twentieth century. She travelled to Ceylon (now Sri Lanka) with her husband, the celebrated Indian art historian and philosopher, Ananda Coomaraswamy, documenting the arts and crafts of the villages and publishing their observations on her return to England. Her documentation of traditional methods of weaving, dyeing and embroidery was noted by Mahatma Gandhi, who visited Mairet in 1914.

ARTISANS' Founder and Director, Radhi Parekh, will talk about Ethel Mairet's fascinating life and her continuing influence on the craft traditions of the Indian sub-continent. Radhi's research into Mairet's work has formed part of a major exhibition currently showing at the Museum of Barnstaple and North Devon, UK, where Ethel Mairet was born.

Shabana Abdulkarim

Helen Craggs

HISTORY, CULTURE & TOURS

Friday 9th September 11:15 a.m. - 12:15 p.m.

In Person Meeting

Residence of :

**Rachel Kurien Wawn
Tahnee Heights,
252 A wing, 25th floor,
66 Napean Sea Road,
Mumbai – 400 006.**

WHERE MONUMENTS SING...

Birwa Qureshi talks about her journey with Crraft Of Art an initiative focused on reintroducing monuments to the people, especially the younger generation.

The special effort is in unearthing the monument's hidden art, history and glory, presenting it to people in a form that makes it richer in content and appeal and blending it with music that makes the message special and relevant.

Crraft of Art is the brain child of Birwa an Interior Designer and Bharat Natyam Dancer from Darpana Academy of Performing Arts under Guru Smt. Mrinalini Sarabhai and her husband Fazal Qureshi Tabla Maestro, son of legendary Ustad Allarakha.

For the past 13 years, in 27 Music Festivals, Crraft of Art has taken the monuments to people, so to speak, through a rich blend of quality thematic music and display of the monument's innate craftsmanship, beauty and splendor. Some of the historical sites for these festivals are Rani ki Vav (Patan), Lakshmi Vilas Palace (Baroda), Ellora Caves (Aurangabad).

Done in public interest, the festivals have opened a new direction in not only making people proud of their heritage but building a new consciousness in ways that they are preserved and conserved.

Varsha Sheth

Sheetal Patel

Monday 12^h September 11:15 a.m. - 12:15 p.m.
(Please note change of date)

In Person Meeting:

Venue: Chemould/SHIFT
2nd floor, Sugra Manzil,
BEST Marg,
Colaba,
Mumbai 400001

Parsis - The Old, The New and The Unexpected

Archival and studio photography helped capture the essence of late nineteenth and early twentieth century Parsi community, contemporary photography reveals new presentations of self amidst the shifting narratives around Parsi identity. Playful and irreverent self portraits challenge traditional stereotypes of Parsi identity, highlighting themes of memory and heritage with humor and levity, while traditional portraits of the community refer to history and tradition. Juxtaposing these realities, the exhibition aims to take the viewers on a journey from the past to the present whilst noting the ways in which Parsi identity has evolved over time.

The curator of this pictorial perspective Sarica Balsari will take us through the decades and share some stories.

Rashna Doongaji

Kanchan Khubchandani

BOOK DISCUSSION

Thursday 15th September 11:15 a.m - 12:15 p.m

Zoom meeting:

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

Guests welcome

COLABA THE DIAMOND AT THE TIP OF MUMBAI BY SHABNAM MINWALLA

Joining us today, is Shabnam Minwalla, an award-winning journalist and author, who describes herself as "a mother of three teenagers, an ardent saree shopper and a Mumbai-holic". A regular speaker at the Jaipur Lit Fest, Shabnam has conducted workshops and book readings at Bookaroo, the Kala Ghoda Festival, the Tata Lit Festival and other Lit fests around India.

Shabnam's passion is to write books for children, but she is equally passionate about the neighbourhood she has lived in all her life – Colaba. In her book "Colaba the Diamond at the Tip of Mumbai", Shabnam traces the history of this remote island and tells the tale of how it evolved into one of Mumbai's liveliest, quirkiest neighbourhoods. Combining her flair for storytelling with a solid journalistic foundation and three generations of family memory, Shabnam paints an intimate and dynamic portrait of an iconic neighbourhood of Mumbai.

Lubaina Soares

Sharmeen Maskati

Book for October : Hariprasad Chaurasia Breath of Gold by
Sathya Saran (A combined meeting with Music)

HEALTH & ECOLOGY

Friday 16th September 4:00 p.m - 5:00 p.m
(Please note the change of time)

Zoom Meeting:

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

Guests welcome:

Journey of a digital artist who turned into a Sattvic Chef & House of Vango Green, a sustainable home for workshops, artist residency & Sattvic living experiences

Vaidehi Nair specialises in physical and mental health management, being a chronic disease survivor where she reversed the effects of an illness successfully. Having completed extensive and immersive experiences and educational formats on Yoga & Ayurveda, She has studied Ayurvedic nutrition and is working as a Sattvic Chef for two years now, healing people through food and helping them connect with and listen to their own bodies.

She has chosen life away from the city and created a sustainable home at a farmland, where she grows her own food and lives a slow life with a completely chemical free slow lifestyle and leads an illness and medicine free life.

Today she will introduce the "SHIFT" a change of perspective towards the same old things, people and or lifestyle choices. Proceeding from which we cover various other topics. Join us for an interesting meeting.

Namrata Singhania

Neeta Merchant

PHILOSOPHY AND RELIGION

Tuesday 20th September

11:00 a.m - 12:15 p.m

Zoom Meeting:

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

Guests welcome

THE LAMPS ARE DIFFERENT BUT THE LIGHT IS ONE -RUMI

The essence of all religions relates to spirituality, to illumination, to radiance, to enlightenment. From different spaces and times, their universal vision connects the magical dots in the Cosmos. Though diverse there is a deep underlying unity. The common thread, the beads is the yoke of fragrance connecting humanity. Briefly examining some fascinating phenomenal aspects of common values in world religions, Dr. Zeenat Shaukat Ali will throw some glimpses into the congruities and similitudes of world regions.

Dr. Zeenat Shaukat Ali is Founder, Director General of The World Institute of Islamic Studies for Dialogue, Organization of Mediation and Gender Justice (Wisdom Foundation). She holds a Ph.D in Islamic Studies from the University of Mumbai, she has been teaching Islamic Studies at St.Xaviers College for several years. She has Authored many books and has been invited to various national and international universities to give lectures.

Dipika Shroff

Neelu Kapur

FELLOWSHIP

Thursday 22nd September

10:30 a.m - 1:00 p.m

In person meeting:

Residence of :

Indira Kilachand
Kilachand House,
95 Napeansea Road,
Mumbai 400006.

Chalo Sakhiyaan Garba Ramva

The Vice-Presidents and Music Committee invite you to celebrate the festival of Navratri at a fun-filled morning of music and dance performed by our very talented Indus ladies. The function will include a narration of the festival and scrumptious traditional snacks. Most of all the much awaited fellow ship will give us all an opportunity to meet and greet after a long separation.

Do join us in large numbers in your traditional wear to add colour and warmth to the event.

We also have NGO's namely **ISMALIA HELPING SOCIETY**, **SHRADDHA** and **DEEDS** They require all the support we can give them.

There is a lift located in the back of the bungalow in case you are unable to use the stairs in the front

For registrations please call:

Mira Shah : 9323272644 on
Monday 5th Sept between 10 am and 1 pm

Hemal Udani : 9821119815 on
Monday 12th Sept between 10 am and 1pm

Ranjana Mahadevia : 9820136941 on
Monday 19th Sept between 10 am and 1pm

Please do feel free to send any of us a message if you miss the given date.

Priya Mehta

Marietta Barreto

Ranjana Mahadevia

Hemal Udani

COOKING SWAPSHOP

Friday 23rd September

11:15 a.m - 12:15 p.m

Zoom Meeting

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

Guests Welcome

Oh Calcutta ! Our taste buds are tingling !!

Bengal, a region in the eastern part of the Indian Subcontinent, conjours up images of Mishti Doi ... Rosmalai Shondesh and its Chingari Machher Malaikari (Prawn) and bhaat (rice).

The culinary journey of the Bengali cuisine is quite a potpourri of different influences of Muslim and European style of cooking especially the British style. Like the French cuisine, a Bengali meal is traditionally served in courses and is subdivided into four types of dishes.

Charbya or food that is chewed like Rice and Fish.

Chosya : food that can be sucked by the Ambal and Tak.

Lehya : food that is meant to be licked like Chutney and Pickle.

Peya : which includes drinks often made of milk and Milk products.

(Basanti Pulao, Chanar Dalna, Bhetki Paturi and Patisapla are some of the delicacies that will be demonstrated today).

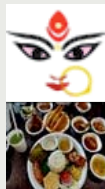
This morning we shall embark on this food trail with Gayatree Dhar, a multi-faceted woman.

Past President of Rotary Victoria, she headed the Indian Social Club in Muscat where she resided for 3 decades and honed her Cooking Skills. She has judged various cooking competitions and conducts cooking classes on Zoom.

Let's get ready to tingle our senses!!

ENJOY !!

Bina Kejriwal



Anju Siraj

CURRENT EVENTS

Tuesday 27th September

11:15 a.m. - 12:15 p.m.

Zoom Meeting

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

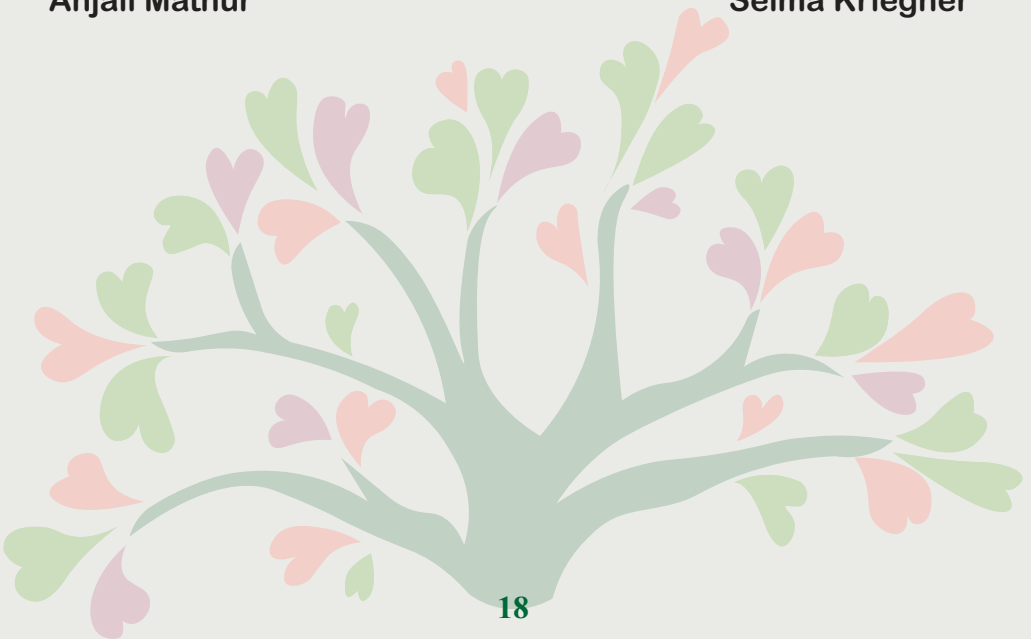
Guests welcome

Talk on Trending Topics, Breaking News and Top Headlines in India

Gurcharan Das graduated from Harvard College. He became the CEO of Richardson Hindustan at the young age of 37. And later of Proctor & Gamble India. After leaving the Corporate world he wrote some remarkable books including the Bestseller trilogy on Hindu Philosophy. He is now an astute commentator and political analyst, writes for Times of India and participates in TV debates. He will join us from Delhi and talks about the present political and economic situation in our country.

Anjali Mathur

Selma Kriegner



Board Members 2022-2023

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