



indus
INTERNATIONAL

2022-2023



PATIENCE & PERSEVERANCE

JUNE 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 JUNE 2022 MONTH AT A GLANCE

Thursday	2nd	Music@^
Monday	6th	Executive Meeting
Thursday	9th	Health & Ecology@^
Friday	10th	Art@#
Wednesday	15th	Performing Arts@^
Thursday	16th	Book Discussion#^
Tuesday	21st	Philosophy & Religion^
Wednesday	22nd	Handicrafts@^
Thursday	23rd	History, Culture and Tours@^
Friday	24th	Cooking^
Tuesday	28th	Current Events^

@ Change of date

Change of time

^ Guests allowed

FROM THE DESK OF THE PRESIDENTS

As we start this 56th year, we are filled with excitement at the likelihood of an enjoyable year, full of friendship and laughter, challenges and fulfilment.

We would like to thank the exceptional women who composed the Board and Executive Committees last year, led by **Radhika & Ravit** who delivered innumerable exciting online events involving participation of several teams whose efforts lead to enjoyable quizzes, bingo evenings and much more.

A big thanks to Dinoo Parakh and the nominating committee for placing their trust in us and giving us a dynamic and diverse Board to work with ... not forgetting our enthusiastic Chairladies!

Our theme this year is “Patience & Perseverance” which has helped us through these last two years. We recognize that many of us are eager to resume pre-pandemic social interactions. As Leo Tolstoy says “**the two most important warriors are patience and time**” we assure you we are **committed to a safe and smooth transition** to meetings in person.

A big thank you to Ayesha Soonawalla for the concept and design of the logo; a version of the Tree of Life.

The **tree** depicts the Indus family being firmly and deeply rooted with a **heart** at its centre. Indus members diversity is depicted by the **colourful leaves** of all sizes blossoming on the branches. The bonded group of women figure as the trunk where friendships are **supported** and **nurtured**.

It is our patience and perseverance which has helped us through this period and hence our slogan “**Patience & Perseverance**”

Our aim is to get back those fun years prior to the pandemic.... sipping our coffee before our meetings, rehearsing for dance practices, relishing the food after the cooking swapshop, reveling in fellowship celebrations, walking through art galleries, traveling and much more!

WE ASSURE YOU It's all in the making... **We look forward for your support.**

Our travel committee - **Annu Toshniwal, Indira Kilachand & Dina Desai** - are planning a short domestic trip in September. We need you to give us your preferences and we look forward to seeing many of our members on these trips, in true **INDUS SPIRIT**.

This year we are committed to teamwork, growth and change. We wish to inspire all members, both old and new to continue to thrive. Our motto is to empower women, especially those affected by the pandemic. Indus International has always been charitable and helped those in need and we look towards our Indus family for their support to these causes.

Sheena Kataria

Nalini Shewakramani

EXECUTIVE COMMITTEE (2022-2023)

ART

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NOTICE BOARD

NEWSLETTER :

Monthly newsletters will be sent by email and whatsapp to all members. Hard copy of the newsletter by post will NOT be sent. Do update your email address with the Membership Treasurers. You may contact Madhavi Shah on 9892950153 if you have not joined the Indus Notice Board

ADVISORY COMMITTEE 2022 – 2023

Mona Mahadevia

Nayantara Jain

Kamal Mulla

TRAVEL

This year since the Pandemic is almost over, Indus is planning to do a short trip (6 -7 days) in September 2022 within India
The options suggested by the President and Travel committee are

- Kashmir
- Dharamshala & Kangra Valley

Please do SMS or WhatsApp your preferences by June 15th along with your name to

Annu Toshniwal

98200 68100

Dina Desai

98202 31010

Indira Kilachand

98200 57219

NOTICE BOARD

CONDOLENCES

Our deepest condolences to Pushpa Loyalka on the sad demise of her husband.

Our deepest condolences to Gauri Marwah on the sad demise of her brother.

CONGRATULATIONS

Heartiest Congratulations to Sabita Chuganee & Dolat Kotwal who were honoured by the Governor of Maharashtra His Excellency Hon'ble Shri Bhagat Singh Koshyari for their excellent Social Service.

Heartiest Congratulations to Deepika Amin who has been honoured with the IHRC award for her contribution to Film & Television.



Birthdays for May & June

Wishing all our members Best Wishes on their special day

“Janmadin kee Shubhkamnaye”

May 2022

Vanita Bhandari	3 rd
Lubaina Soares	4 th
Kavita Singh	6 th
Nafisa Khorakiwala	6 th
Vijaylakshmi Sukhdevsinhji	6 th
Esther Malaney	7 th
Shalini Lunia	9 th
Hemal Udani	10 th
Saroj Prakash	14 th
Ravit Kedem	15 th
Sabita Chuganee	16 th
Penny Shrivastav	18 th
Soledad Gramajo	19 th
Ranjana Mahadevia	19 th
Elinor Mirza	20 th
Nazneen Dubash	21 st
Asha Shankardass	24 th
Laxmi Nair	25 th
Rashna Doongaji	26 th
Manjula Agerwala	29 th
Neelu Kapur	30 th
Maya Gunjekar	31 st

June 2022

Rashmi Mehra	3 rd
Armaity Sumariwala	3 rd
Mumtaz Kachwala	5 th
Pria Khullar	6 th
Nicola Gerber	12 th
Anita Hamlai	16 th
Deepa Navani	16 st
Chandra Mirchandani	20 th
Gopi Vaid	21 st
Pragati Gupta	21 st
Padam Chadda	27 st
Anjali Mariwala	27 th
Leela Agarwal	29 th
Nisha Mehta	29 th
Rani Tarneja	30 th

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

Annual Fee and Membership Renewal Form

Please send your renewal fee of Rs.3,500/- before 31st July 2022.

The following are the **TWO payment options:**

Option 1: Cheque payment - Please send a crossed cheque made payable to **Indus International and hand over** to the Treasurers:

Nisha Aggarwal or Amisha Himatsingka

Option 2 : Online transfer - Renewal through a payment gateway link .

You can pay with Instamojo, just use this link - <https://imjo.in/AxkgEN>

After you click the link in the “Purpose of Payment” write your full name and membership number and complete the online transfer.

Membership Renewal Google Form

Please click on the link below. It will open up the Membership Renewal Google form.

Kindly fill it and press the submit button.

<https://forms.gle/7XksvwFKLA4wgTwC9>

A big thank you to all those who have sent in your fees and the form. The Indus treasurers will be emailing the receipt to all of you. If you have not received the receipt by the end of July and you have paid your fees do get in touch with the treasurers Nisha and Amisha.

WHOM TO CONTACT ON THE BOARD IF.....

- You notice an error in the directory – **Membership Treasurers.**
- You have an idea for a fellowship meeting, the picnic, the Quiz – **Vice Presidents.**
- You would like to assist with a fellowship meeting, the picnic or the quiz – **Vice Presidents.**
- You would like to offer your home for a meeting – **Vice Presidents.**
- You have changed your address, phone number, or email – **Membership Treasurers. (membershipindus@gmail.com)**
- You wish to change your status – **Membership Treasurers.**
- You have a foreign friend who wants to become a member – **Membership Treasurers.**
- You will be unable to attend meetings for an extended period – **Membership Treasurers.**
- You need a new name badge - **Membership Treasurers.**
- Your receipt for your renewal has not arrived by the end of July – **Treasurers.**
- You have an idea for a speaker for a meeting – **the relevant Activity Chairladies.**
- You wish to share a poem, recipe or quotes - **Secretaries**
- You need participation during the year - **Participation Help Mate:**
Cherry Mehta 98204 09267 – Mon/Wed / Fri (10-11 am or 4-5pm)
Varsha Sethi 9323781942 – Tue/Thurs (10-11 am or 4-5pm)
- Any Senior Member needs any help: -
Jinx Akerkar - 9820579192
Rekha Shah - 9619055905

GENERAL TIPS FOR ALL MEMBERS

Attendance

- The Indus year begins on 1st April and ends on 31st March.
- 10 meetings must be attended in a year.
- 7 meetings should be attended before the end of December.
- Please only sign in yourself. If guests allowed then sign in your guest.
- Arrival after 11:15am will not be eligible for attendance.
- Departure before the speaker has finished, or before chairlady closes the meeting will also count as non – attendance.
- For in person meetings, wear your badge at all times. This also applies to chairladies and hostesses as there are a lot of new members who do not know who you are.
- Attendance at the Fellowship does not earn attendance points.

Ways to Earn a Participation Point

- Being a hostess for a meeting.
- Arranging a speaker or demonstration.
- Taking names for a meeting.
- Introducing or thanking a speaker in the absence of the Chairlady.
- Helping a board member with computer work or collection of fees.
- Helping Chairladies at meetings.
- Helping with or hosting one of our many events – Annual Event, Fellowship, AGM, Quiz, Picnic or any special events.
- Acting, dancing, back-stage, speaking, demonstrating, baking cakes for any special events, taking part in Quiz etc.
- Give a Donation to Indus International.
- You need 2 participation during the year.

INDUS ETIQUETTE

We are starting a few in person meetings; let's remember the spirit of Indus is about new friendships!

Indus thrives when our members are active and participate. Please ensure that you complete 10(ten) attendance points and 2 (two) participation points in a year from 1st April to 31st March. 7 (seven) attendances should be completed by December.

Few gentle reminders:

For meetings at member's homes (in person meetings)

1. Please wear your badge at the meeting so mingling is easier.
2. If you can host a meeting at your house, please inform the Vice Presidents or any member of the Board if you are able to offer your house.
3. Since wearing a mask is no longer mandatory, let's be responsible, avoid attending if you are unwell.
4. **Only tea/coffee and biscuits should be provided by the hostess. Being a hostess should be easy and the focus should be on the speaker!**
5. Please ensure that your cell phones are in silent mode or switched off .(in person & zoom meetings)
6. Meetings begin at 11.15 a.m. and end at 12.15 p.m. **Your attendance will not be counted if you come in after 11.15 a.m. or leave before 12.15 p.m.**
7. Indus should in no case be used as a forum for publicity. It is strictly forbidden to use the directory to build e-mails or phones listings to advertise.

For Zoom Meetings

1. All members to mention their name on the screen in the following order: Surname, First name, Indus membership number.
2. Keep your videos on at all times, unless advised by the Chairlady.
3. Do not **UNMUTE** yourself for the entire duration of every meeting.
4. Be presentable while attending a zoom meeting.
5. Please maintain some decorum even in online meetings.
 - Some members were seen eating or lying back and some even dozing!
 - Some were seen attending the meetings in their night clothes.
6. If you have to do anything other than listen to the speaker, kindly turn your video off.
7. Zoom meetings begin at 11.15 a.m. and end at 12.15 p.m. **Your attendance will not be counted if you come in after 11.15 a.m. or leave before 12.15 p.m.**

EXECUTIVE MEETING

Monday 6th

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 July meeting latest by 10th June 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.

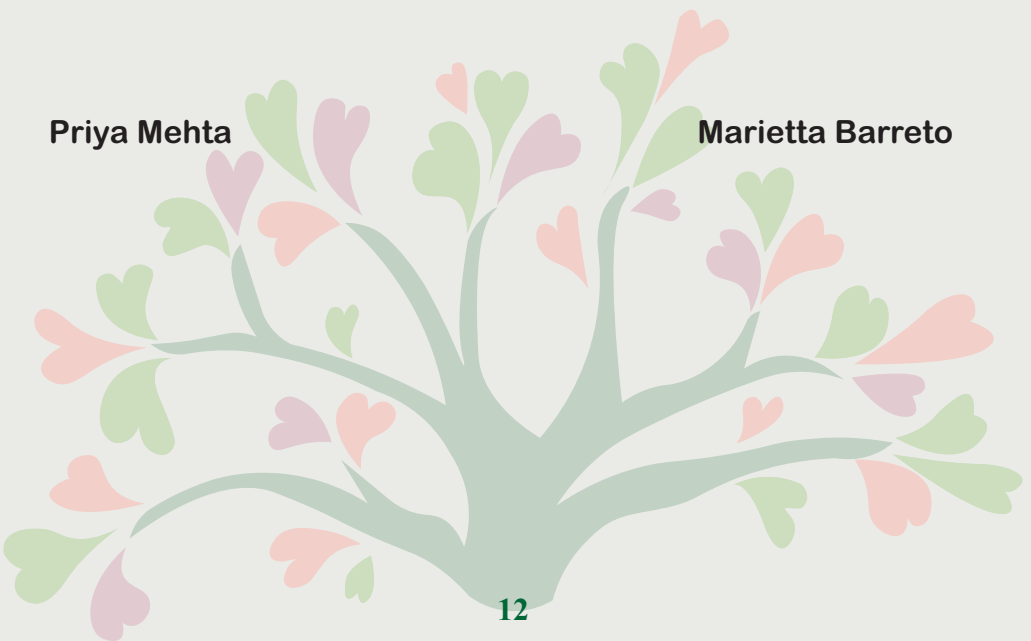
Please email your attendance sheets from the previous month's meeting to the Membership Treasurers immediately after your meeting on the emails given below.

mayamerchant@hotmail.com

ana.d.panandiker@gmail.com

Priya Mehta

Marietta Barreto



MUSIC

Thursday 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

A MUSICAL JOURNEY WITH MERLIN D'SOUZA

Merlin D'Souza, the musical wizard, a Ted -ex Speaker, popularly called the female Rehman, the winner of the International LA International Feast for scoring and the World Leadership Congress Award from 80 countries - to name a few - will take us on a roller coaster ride of her journey with music.

Her passion for the Arts makes her India's leading Music Director, Composer and Pianist. Her scope of work covers Theatre, Films like Kabhie Khushi Kabhie Gham, Sonic Branding for Mastercard ,Vistara Airlines, Dubai Tourism and she is the leader of the all female group FIIMYTRONIX.

Merlin's motto: Life is a Gift, sharing it is a precious experience

**Salome Roy Kapur
Ranjana Mahadevia**

**Marietta Barreto
Hemal Udani**

HEALTH & ECOLOGY

Thursday 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

Sustainability & Environmental Movement in the Desert of UAE

Habiba Al Mar'ashi is an Emirati Environmentalist and one of the foremost advocates for sustainability in the UAE. She is the Co-founder and Chairperson of Emirates Environmental Group (EEG), a pioneering non-government organisation established in the UAE in 1991. She single-handedly established the Arabia CSR Network in 2004, MENA region's pioneering multi-stakeholder platform. She co-founded the Emirates Green Building Council in 2006 and serves as its Treasurer and Board Member. She has been on the board of global bodies such as UN Global Compact (board member) and President of the UNGC – GCC States, UNEP (civil society representative), a member of Global Reporting Initiative Stakeholder Council (GRI), and a member of the Advisory Committee of DNV Certification Advisory Board.

She is currently Vice Chair of the Global Urban Development, Patronage Committee member of myclimate. In 2019, she became the 1st Emirati woman to be a board member of Global Investors for Sustainable Development (GISD) Alliance at the invitation of the UN Secretary-General. In July 2021, she joined the World Green Building Council (WGBC) as a Board Member.

Habiba will walk us through her journey as one of the first environmentalists in the UAE. She will share her motivational experiences and how she started a green movement against the tide in the arid desert of the UAE, the challenges, her deep-rooted work, way ahead of its time before sustainability became a culture and what sustainability means not only for her, but for us as a nation.

**Varsha Alwani
Neeta Merchant**

**Shabana Abdulkarim
Namrata Singhania**

ART

Friday 10th

12.00 pm – 1.00pm
(Please note change of date and time)

Venue:

Kamani Chambers
Ground Floor
Ramji Kamani Marg
Ballard Estate
Mumbai 400 038

Guests welcome

GALERIE ISA | VISIT “IN LANDSCAPE MODE”

We will visit Galerie ISA to enjoy in person some of the four exhibiting artists **David Murphy, Haroun Hayward, Ian Malhotra and Vipeksha Gupta** talking about their work.

Technically the term 'Landscape Mode' refers to the horizontal orientation used to display wide screen content, in this context it ties together the exploration of traditional landscape painting and the topography of natural forms, the continuous collision of digital and analog, technology and tradition, and the excavation of identity, medium and message in the social and cultural landscape of a pandemic world.

We are looking forward to meeting you in person, in such a lovely space and having the chance to actually meet the artists as well as **Ashwin Thadani**, our host for the visit and the owner and director of Galerie ISA.

Jiloo Billimoria
Kanchan Khubchandani

Nicola Gerber
Rashna Doongaji

PERFORMING ARTS

Wednesday 15th

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

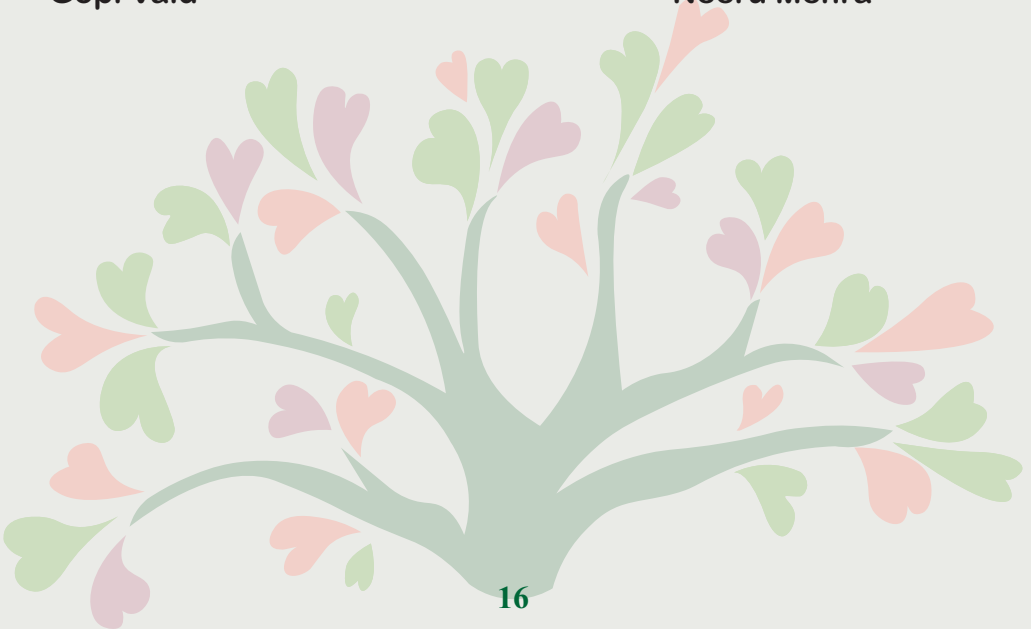
ASHA PAREKH - A legacy of success, elegance & dignity

The reigning queen of Bollywood from the late '50s to '70s; the Jubilee girl; the Hit girl; the highest paid actress at her time - none of these titles do justice to the talent, beauty and charisma of **Asha Parekh**.

Indus is truly honoured to have this gracious lady as our guest. Let's have an informal chat to find out about the warm and genuine person behind the silver screen diva.

**Deepika Amin
Gopi Vaid**

**Anahita Havaladar
Neeru Mehra**



BOOK DISCUSSION

Thursday 16th

4 pm – 5 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

JANGALA - THE MYSTICAL JUNGLES OF INDIA

From blue eyed tigers, emerald eyed leopards, black panthers, wild dogs, majestic elephants, birds to ruins of temples lost in time and so much more. As **Lara and Siddharth Morakhia** chronicled their travels across some of India's most inaccessible and magnificent landscapes, they discovered a curated series of stories privy only to themselves and the Jungle.

Lara founded the successful luxury silver jewellery brand Lara Morakhia and has been featured in many leading publications. Siddharth is the Founder of The Diya Project, a platform designed to shed light on Indian Spirituality. Living in New York, he has advised the UN on various aspects of peace, humanitarian and strategic initiatives.

Both are avid wild life enthusiasts and have travelled extensively across Africa and India.

Book for July: Yuganta-The End of an Epoch by Irawati Karve

Prerna Kewalramani
Sharmeen Maskati

Vidya Srinivas
Lubaina Soares

PHILOSOPHY & RELIGION

Tuesday 21st

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

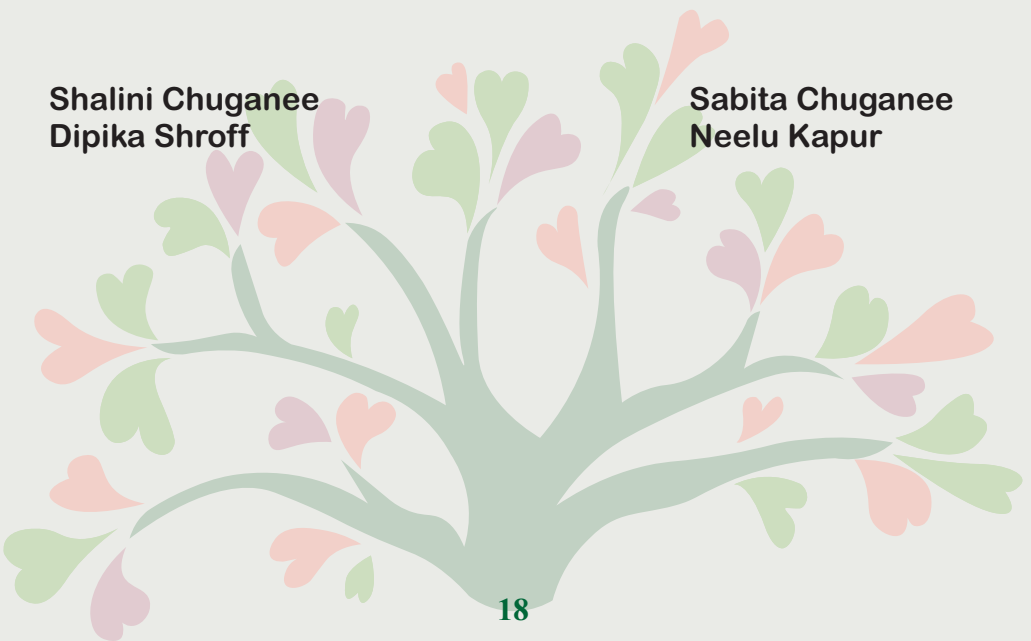
Today we welcome **Khushali Gaurang Somaiya**, a switchwords expert, tarot card reader, Akashic record reader, NLP coach, EFT coach, angel therapy healer and a true transformer of lives.

She will talk to us about switchwords and explain how to make miracle magic work to nurture our lives.

Switchwords which act as a switch button are counterintuitive, powerful and uniquely chosen words which bypass the conscious mind, tapping into the subconscious mind and helping to manifest desires and dreams.

Shalini Chuganee
Dipika Shroff

Sabita Chuganee
Neelu Kapur



HANDICRAFTS

Wednesday 22nd

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

FROM BORED TO BOARD

Jennifer Ayers- Belinkis, a Multi-award-winning author of *Me: Life Guide* and *Guided Journey by Journal* will take us through the positive communication and building connections that are made while playing games together.

Jennifer, a wife and mom of 4, designs strategic box games for all ages. She is the creator and publisher of family games. She is also the Founder of the non-profit organization HOPE - Home to PurposE for greater personal awareness and development.



Through the meeting, she will talk about the process behind creating our board games and the importance of knowing the “why?” which motivates and inspires their ideas to game production and marketing.

This meeting will be break down the complexity of building a board game and

will be interesting to all.

So, ladies... Hope to see you all attend in large numbers for what promises to be an exciting morning!

Anita Gupta
Shabana Abdulkarim

Laila Karan
Helen Craggs

HISTORY, CULTURE & TOURS

Thursday 23rd

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

LOST WEAVES OF MAHARASHTRA

Is Paithani the only popular textile of Maharashtra?

Is everything woven in Paithan entitled to be addressed as Paithani?

What are the other textile traditions that were known to Maharashtra?

There is not much documentation available for some of the weaves. Today, **Vinay Narkar** will be presenting us with some of the answers to these questions and most importantly how folk literature has helped him in reviving 2 textile traditions of Maharashtra namely Chandrakala and Joat .

Vinay Narkar is a weaver whose fascination lies in reviving the forgotten weaves of Maharashtra. He has written articles about the decaying Indian weaves and Textile Traditions of Maharashtra 2020 and 2021 in the leading Marathi newspaper, Loksatta. He has revived textiles like Irkal, Chandrakala sarees, Cotton Paithanis, Joat sarees of Vidarbha and Paithani Shalu sarees of Maharashtra.

**Soha Parekh
Varsha Sheth**

**Priya Mehta
Sheetal Patel**

COOKING SWAPSHOP

Friday 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

THE ANGLO INDIAN CAFE

Today we visit Anglo Indian Cafe, with the beautiful sisters **Shaheen & Zara Arsiwala**. With the pandemic, and a lot of Mumbai heading to Lonavala, they realised the need for a stylish cafe that meets the international palate and standards Mumbaikars desire.

Voila!! Anglo Indian was born! Located in the heart of one of Khandala's most beautiful areas, the aim was to create a space where one could escape the city, to the hills to a whimsical bistro to relax and soak in nature's beauty, while indulging in delicious food or arguably the best hot chocolate!

Sitting on a swing, overlooking a lush green mountain sipping a delicious coffee! Could we ask for more?

Oh yes!... they have a stunning villa next door. Which they let out. We may just convince them to do a walk thru of that too for us!

**Rachita Kapur
Bina Kejriwal**

**Neelima Patel
Anju Siraj**

CURRENT EVENTS

Tuesday 28th

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

LOVE THY SELF

Shalini Chuganee Indus's very renowned member has won many hearts with super expertise.

- A Professor of Political Science in the Government Law College in Mumbai.
- A Mentor of Studies on United Nations and its organisation and is holding workshops and debates in Model UN.
- A strategic brand consultant of verticals of fashion, hospitality, retail media and entertain media, healthcare education, Real Estate and many more.
- A catalyst in emotional quotient based education method – trains students & adults to enhance the same.
- A certified Cognitive Behavioural Therapist and a Life Coach

Shalini's motto in life

Her first love is her family and she prides herself on always being a mother first. She is the proud mom of two beautiful children and her motto in life is “Life is multi faceted, made up of multiple paths and choices. But it's greatest achievement is when, through the journey of evolution, the soul grows with each phase. Be true to yourself and pure in the soul, and each path and each choice will definitely take you to happiness.”

Varsha Sheth
Anjali Mathur

Avni Parikh
Selma Kriegner

Board Members 2022-2023

PRESIDENTS

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indus
INTERNATIONAL

www.indusinternational.org

