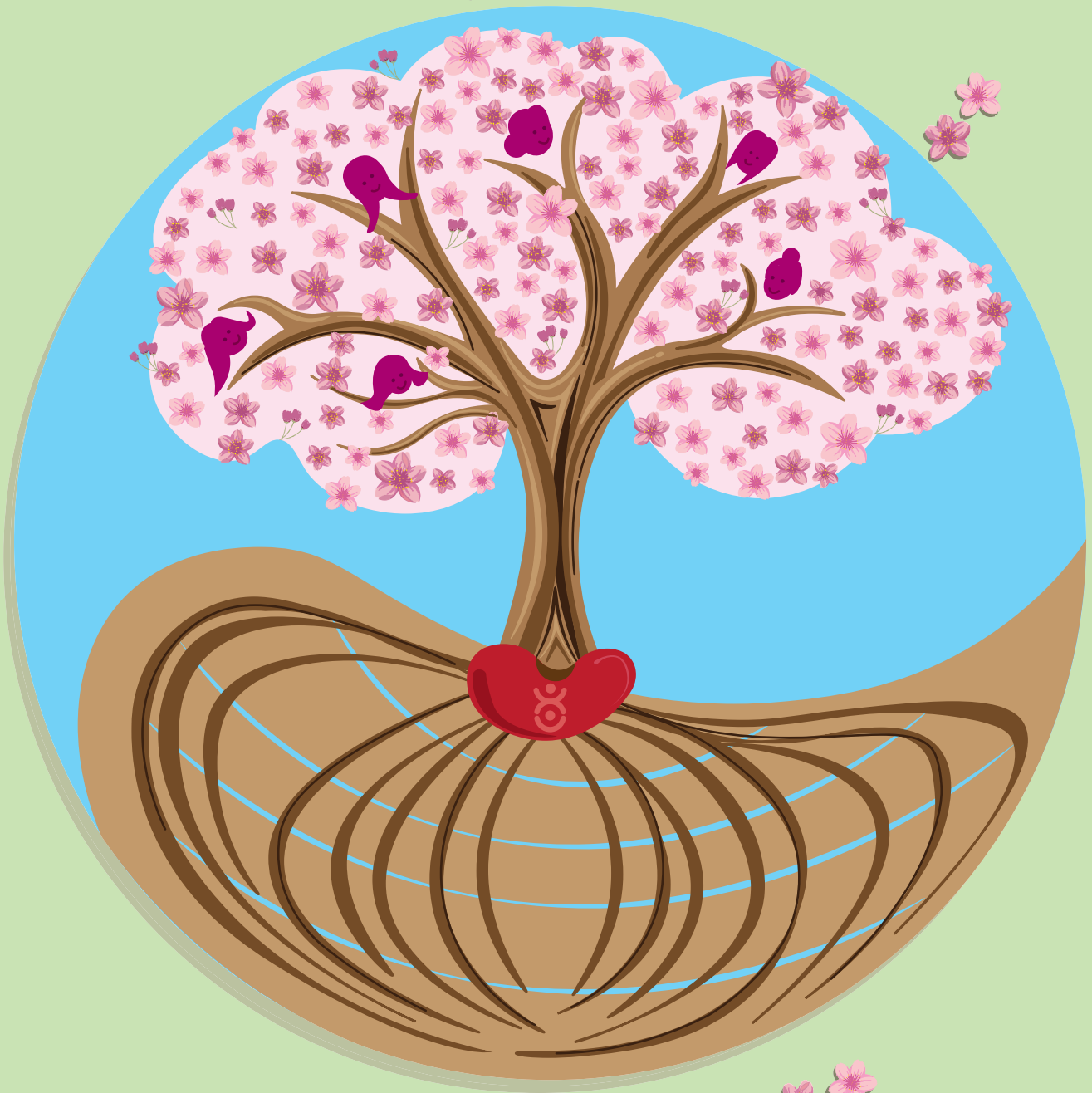




2024-2025



Involve, Evolve

JULY 2024



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 400 021

Website: www.indusinternational.org

Email: membershipindus@gmail.com

Instagram: indusinternational Mumbai
Indus International



July at a Glance



DATE	ACTIVITY	SPEAKER	VENUE
Monday 1st	Executive Meeting		Marietta Barreto 3 Lalit Bldg, 2nd floor Behind Cusrow Baug 37 Nathalal Parekh Marg, Colaba
Friday 5th	Performing Arts & Book Discussion	Indus Senior Members	Nisha Mehta A/2301 Vivarea Saat Rasta Circle, Next to McDonald's
Tuesday 9th	Art and Handicrafts	Prena Jain	APRE Art House Plot no. 28 Sanghvi House 3rd Pasta Lane Colaba Market
Friday 12th	History and Culture	Katyayani Agarwal	General Post Office Chattrapati Shivaji Terminus Area Fort
Tuesday 16th	Philosophy and Religion	Hemal Vajani Thakkar	Mikki Hariani Row House No. 3 Grand Paradi Kemps Corner
Friday 19th	Health and Ecology	Dimple Ranawat	Zoom Meeting
Tuesday 23rd	Current Events	Chimney Tumbe	Zoom Meeting
Thursday 25th	Music	Maneck Billimoria	Marietta Barreto 3 Lalit Bldg, 2nd floor Behind Cusrow Baug 37 Nathalal Parekh Marg, Colaba
Friday 26th	Cooking Swapshop	Simran Adani	Sunita Nahar 51/52, Infinity Tower Narayan Dabolkar Road



From The Desk of The Presidents

The monsoon has arrived in Mumbai, washing away the summer heat and ushering in a season of lush greenery and vibrant festivities. July promises to be a delightful month for our members!

Our chairladies have lined up some exciting meetings for the month, along with the Board who is in the process of planning some fun events. We encourage all our members to attend and make the most of these gatherings.

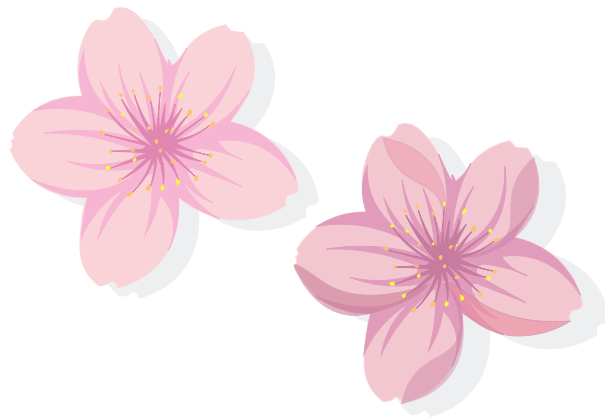
Mark your calendars! On September 20th, the Vice Presidents will be hosting a special Fellowship event. Prepare to be whisked away to the heart of Bavaria, right here in Mumbai, for the famed Oktoberfest celebration.

To continue the German vibe for September, our dynamic travel committee has planned a breathtaking river cruise along the Danube. A perfect opportunity to explore the heart of Europe! Sign up for the cruise soon, as spots are sure to fill up quickly.

With this exciting calendar of events, we're ready to kick off the year with a bang! We look forward to seeing you all there.

Medha Chinai

Soledad Gramajo



Travel



Dear ladies, the Travel Committee has selected the Danube River Cruise in September 2024 for the overseas Indus trip, based on member feedback. Would request all the interested members to contact any of the Travel Committee (Gauri Marwah, Sangeeta Katariya, Sheetal Patel, Radhika Singhal) to ask questions and reserve your place. Some key details are as follows:

Date: September 23 - October 3 (10 nights)

Provider: Avalon Waterways (local agent Leo Travels)

Costs: (Twin sharing) Rs 3,35,580, (Single) Rs 6,43,790.

The cost includes:

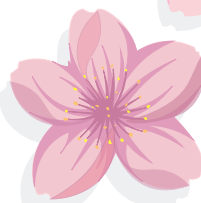
- 1) Room 9 nights on cruise + 1 night land + all meals on cruise
- 2) Drinks on Cruise
- 3) Gratuities on ship
- 4) Transfers included
 - Bucharest Airport to Bucharest hotel on September 23rd
 - Bucharest hotel to Bucharest port September 24th
 - Budapest port to Budapest airport October 3rd
- 5) The services of a tour director / Owner
- 6) Insurance cost (cruise only)
- 7) GST

Additional costs:

- 1) Schengen Visa cost If required Rs 13,650
- 2) Airline cost Rs 80,000
- 3) Personal health insurance
- 4) TCS (5%)

US \$ at Rs 85 = Assumed Exchange Rate

Cabins are filling quickly, so do book soon!





Notice Board

Newsletter

Monthly newsletters will be sent by email and WhatsApp to all members. A hard copy of the newsletter will NOT be sent by post. Do update your email address with the Membership Treasurers.

Fellowship

Fellowship is scheduled for Friday, 20th September at Indiabulls BLU, Worli and will celebrate the famed Oktoberfest to get a glimpse of International Culture.

We invite all our members to contribute and participate in the festivities. Please contact the Vice Presidents, Anu Kedia & Juliana Ballard for the same.

Condolences

It is with much sadness that we inform you of the passing of our long-time member Fatima Begum Jasdanwalla. May her soul rest in peace.

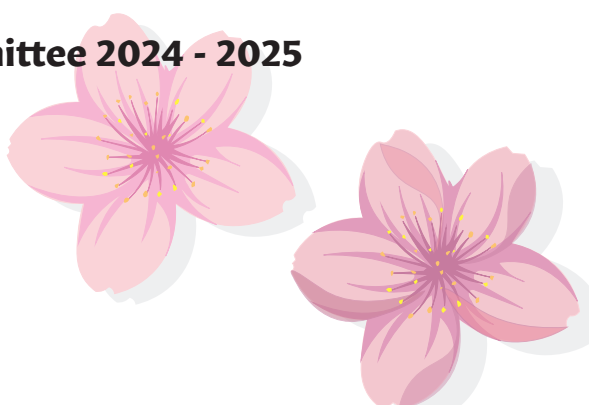
Deepest condolences to Nandani Kapasi on the loss of her sister.

Deepest condolences to Soha Parekh on the loss of her father.

Deepest condolences to Jiloo Billimoria on the loss of her mother-in-law Mehroo Billimoria.

Advisory Committee 2024 - 2025

Kamal Mulla
Rachel Bhot
Annu Toshniwal



Notice Board



Annual Fee and Membership Renewal Form

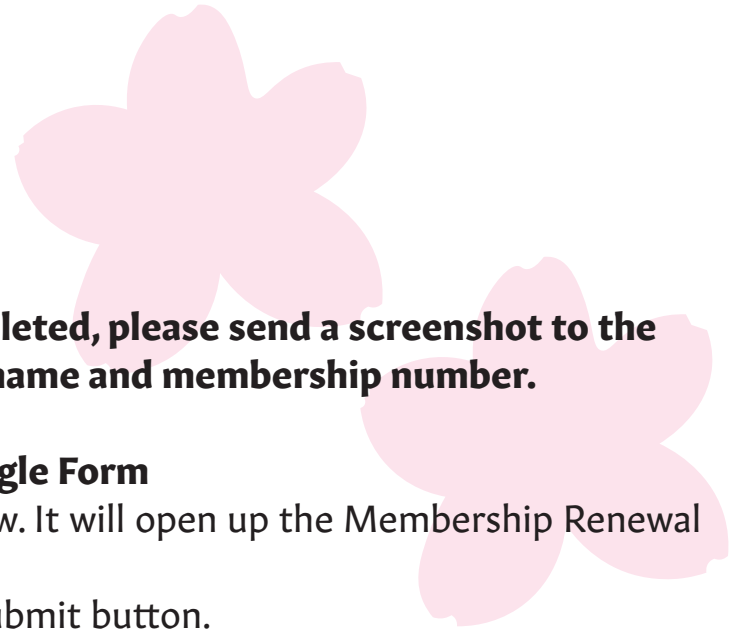
Please send your renewal fee of Rs.3,500/- **before 31st July 2024.**

The following are the **two** payment options (**no cash** please):

Option 1: **Cheque payment** – Please send a crossed cheque made payable to **Indus International**, to one of the Treasurers or to any Board Member.

Option 2: **Bank transfer**

Indus International
State Bank Of India
Pedder Road branch
Current A/c #35751852349
IFSC code: SBIN0000510



After the payment is completed, please send a screenshot to the Treasurers, with your full name and membership number.

Membership Renewal Google Form

Please click on the link below. It will open up the Membership Renewal Google Form for 2024-2025.

Kindly fill it and press the submit button.

<https://forms.gle/ikbJYScBoSooHhHm8>

After much deliberation, it has been decided that non-payment of annual dues by 31st July will result in the termination of membership. The reason for this drastic action is that follow up for the recovery of such dues is very time-consuming and that the onus of payment of fees is on individual members.

For any assistance, you may contact:

Ameeta Shah

+91 98200 72658

shahameeta@hotmail.com

Neeta Merchant

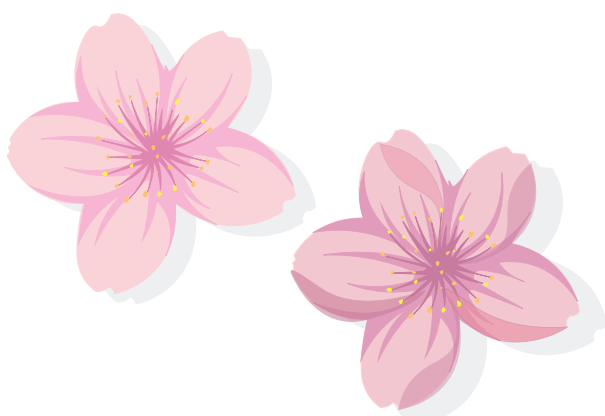
+91 98676 43230

neetamerchant@goodearth.in

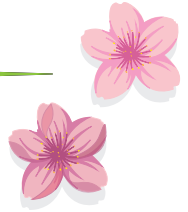


Notice Board

Whom to Contact on the Board if...

- You notice an error in the directory – **Membership Treasurers**
 - You do not receive your newsletter – **Secretaries**
 - You have an idea for a fellowship meeting, the picnic or 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 ID – **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 of time – **Membership Treasurers**
 - You need a new name badge – **Membership Treasurers**
 - You have an idea for a speaker for a meeting – **the relevant Activity Chairladies**
- 

Notice Board



General Tips for all Members

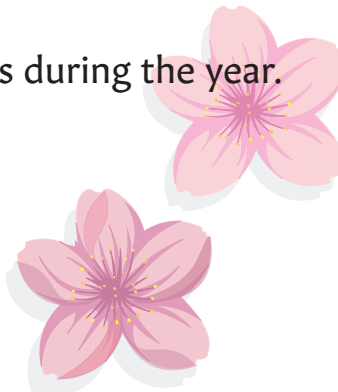
Attendance

- 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 yourself in. If guests are allowed, then sign in your guest
- Arrival after 11:15 am will not be eligible for attendance
- Departure before the speaker has finished, or before the 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

Ways to Earn a Participation Point

- Being a hostess for a meeting
- Arranging a speaker or demonstration
- Registering 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 payment
- Helping Chairladies at meetings
- Helping with or hosting one of our many events – Annual Event, Fellowship, Christmas Coffee Morning, AGM, Quiz, Picnic or any other special event
- Acting, dancing, working back-stage, speaking, demonstrating, baking for any special event, taking part in the quiz, etc.
- Giving a donation to Indus International

You need 2 participation points during the year.





Notice Board

Indus Etiquette

We have restarted in-person meetings; so let's remember that the spirit of Indus is about new friendships!

Indus thrives when our members are active and participate. Please ensure that you complete 10 attendance points and 2 participation points during the year, from 1st April to 31st March. 7 attendances should be completed by December.

A few gentle reminders

For meetings at members' homes (in-person meetings)

1. Please wear your badge at the meeting to make it easier to mingle.
2. If you can host a meeting at your home, please inform the Vice Presidents or any member of the Board.
3. Since wearing a mask is no longer mandatory, please be responsible and avoid attending a meeting if you are unwell.
4. **Only tea, coffee, a cold drink and biscuits should be served 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 during meetings.
6. Meetings begin at 11.15 am and end at 12.15 pm. **Your attendance will not be counted if you come in after 11.15 am or leave before 12.15 pm.**
7. Under no circumstances should Indus be used as a forum for publicity. It is strictly forbidden to use the directory to build e-mails or phone listings to advertise.

For Zoom Meetings

1. All members should enter their names on the screen in the following order: Surname, First name, Indus membership number.
2. Keep your videos on at all times, unless advised otherwise by the Chairlady.
3. Do not unmute yourself for the entire duration of the meeting.
4. Be presentable while attending a zoom meeting.
5. Please maintain some decorum even during online meetings.
 - Some members were seen eating or lying back and some even dozing!
 - Some were seen attending 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 am and end at 12.15 pm. **Your attendance will not be counted if you come in after 11.15 am or leave before 12.15 pm.**

Database Changes for July 2024



New Members

Andrea Wrumnig Taj Wellington Mews 33 Nathalal Parekh Marg Mumbai 400 001 Mobile: +91 8108163123 Email: awrumnig@gmail.com	W49	Hungary
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Change in Status

Seher Agboatwala	A68	Non Resident
Rieke Cadee	CB6	Non Resident
Helen Craggs	CB4	Non Resident





Executive Meeting

Monday 1st July

11:00 am – 12:00 pm

Residence of:

Marietta Barreto

3 Lalit Building, 2nd floor
Behind Cusrow Baug
37 Nathalal Parekh Marg,
Colaba
Mumbai 400 001

Ladies, please email a copy of the blurb for your July meeting, latest by 10th July 2024, to both:

Anu Kedia - anukedia63@gmail.com

Juliana Ballard – diplomatsballard@yahoo.com

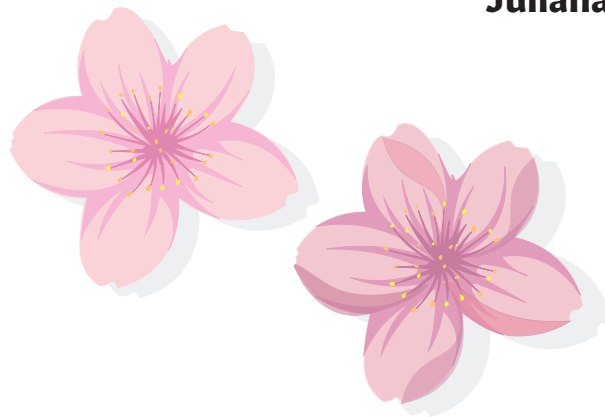
We do not require a hard copy of the blurb. We respectfully ask that all blurbs be correctly formatted, as per guidance provided and that all text be in Times New Roman, 12 pt font.

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

chris.mirani@gmail.com
nicola@fusionstudio.eu

Anu Kedia

Juliana Ballard



Performing Arts & Book Discussion



Friday 5th July

11:00 am – 12:15 pm

Residence of:

Nisha Mehta

A/2301 Vivarea

Saat Rasta Circle

Next to Mc Donald's

Mumbai 400 011

Limit: 35 members

THE POETASTERS OF ISPAHAN

A humorous play reading by our very own **Indus Senior Members**.

There are many suitors for Silvermoon (Bride to be) but there's only one who will sweep her away.

Come for this lovely play reading and let's find out WHO IT IS!!!

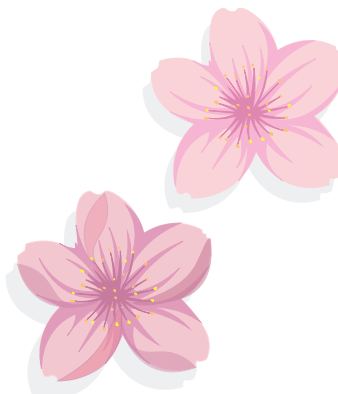
To register, please WhatsApp **Soha Parekh** on 98210 73889 on **Friday, 28th June** from 2:30 pm - 4:30 pm, or **Almas Manekia** on 98200 64416 on **Tuesday, 2nd July** from 2:30 pm - 4:30 pm.

Sheena Kataria

Ayesha Soonawalla

Gülçin Körpe

Farah Raina





Art & Handicrafts

Tuesday 9th July


11:00 am – 12:15 pm

Venue:

APRE Art House

Plot no. 28, Sanghvi House
3rd Pasta Lane
Colaba Market,
Mumbai 400 005

Please note: there is no lift, 15 stairs to climb, and a 1-minute walk from car to gallery in lane.



APRE ART HOUSE: EXHIBIT WALKTHROUGH AND TIPS FOR NEW AND EXPERIENCED COLLECTORS

Explore the interdependence of human culture and ecological systems through the tale of Amaterasu, the Japanese sun goddess, paralleled by Indian deity Surya in the current exhibit, “Amano Iwato.” This exhibition features artists’ interpretations of this relationship across historical and cultural contexts, with a particular focus on Japan and India. It serves as a contemplative space where art, mythology, and ecological consciousness converge, encouraging a reevaluation of our responsibilities toward the natural world.

Following the walkthrough, Ms. Prena Jain will discuss tips for purchasing your first masterpiece, offering expert advice for experienced art buyers and highlighting India’s growing influence in the global art scene.

APRE Art House, founded by Ms. Prena Jain in 2016, has gained international recognition with exhibitions in New York, Delhi, and Mumbai, and features in renowned publications such as Vogue, Mumbai Mirror, Condé Nast Traveler, Indian Art Fair, and Rolling Stones.

Nanda Madhavji

Kristin Mehta



History and Culture



Friday 12th July

11:00 am – 12:15 pm

Venue:

General Post Office (GPO)

Chattrapati Shivaji

Terminus Area

Fort, Mumbai 400001

Members must congregate at Gate number 7, cars will be allowed in, there is no wheelchair access and there are 20 steps to climb.

Limit: 15 members

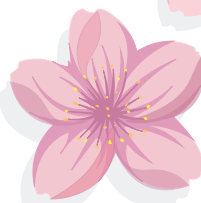
A RARE OPPORTUNITY TO PEEK INTO THE RESTORATION OF GPO

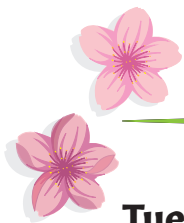
Ladies put on your trainers and let's walk along with Katyayani Agarwal Curator and Consultant for Museum & Cultural spaces. She will walk us through the restoration of our General Post Office. This is a rare opportunity to see how a 110 year old structure of such significance is restored. Shailesh, the 'On Site' INTACH Architect will take us through the entire process, and the materials used. A mock wall has been created to explain the layers of work that goes into restoration when it is done scientifically as prescribed by UNESCO. Katyayani is the INTACH Convenor for Mumbai, and holds several positions in the organization, including advisor to the Crafts Division, Governing Council and very recently was elected to the Executive Committee, the Apex body of INTACH. She works with artisans all over the country, supporting endangered arts and crafts. She has just completed the Vipassana Museum project at Gorai.

There will be a charge of Rs 200/- on registration which will be collected at venue.

Varsha Sethi

Vinay Kumari Chopra





Philosophy & Religion

Tuesday 16th July

11:00 am – 12:15 pm

Residence of:

Mike Hariani

Row House No. 3

Grand Paradi

Kemps Corner

Mumbai 400 036

AN INTRODUCTION TO INNER CHILD INTEGRATION THERAPY

A large percentage of our current adult problems stem from what therapists call a wounded Inner Child. This is a part of our mind where highly emotionally, mentally, physically charged and unprocessed childhood memories have turned into unhealthy triggers for current situations.

Today Dr Hemal Vajani Thakkar will show us how to nurture and heal our inner child, which is a powerful step towards self - discovery and reclaiming your authentic self. Dr. Hemal Vajani is a well-recognized Homeopathic consultant and has been a successful practitioner for the past 15+ years. She further added to her skill sets by becoming a qualified Teacher of Inner Child Integration Therapy under the auspices of Mrs. Trisha Caetano who is one of the pioneers of Inner Child Integration therapy.

The session today will guide us towards healing the wounded inner child and help us recover parts of ourself that have been lost or forgotten. We are going to learn to reconnect to that lost strength through an experiential process.

LET US COME TOGETHER AND BECOME STRONGER AND HAPPIER!

Dr. Jeannie Madan

Benu Parkash



Health & Ecology



Friday 19th July

11:00 am – 12:15 pm

Zoom Meeting:

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

AWRP: ATOMIC WEIGHT RELEASE PROGRAM

Dr. Dimple Ranawat, is a visionary healer and the driving force behind Divine Iris – Soulful Healing Studio. She is the creator of the groundbreaking Atomic Weight Release Program (AWRP), a transformative approach that has helped countless individuals achieve holistic well-being.

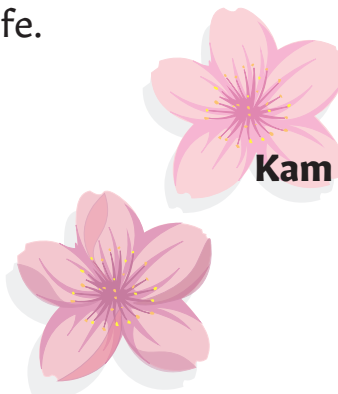
Dr. Ranawat's journey in the realm of healing and transformation is both inspiring and impactful. She is a TEDx speaker, an Atal Achievement Awardee, a recipient of the prestigious Bhartiya Nari Ratna Award, honoured with Asia Pacific Excellence Award by Global Human Rights Council. What sets Dimple apart is her innovative approach to making life simple, easy and effortless through DNA healing.

AWRP is a testament to her pioneering methods, which go beyond conventional healing practices. By addressing the very core of our being – our DNA – Dimple facilitates deep, lasting transformation that touches every aspect of life.

AWRP is designed to alleviate physical, mental and emotional burdens, helping individuals release the weight of their problems effortlessly. This program has provided relief to individuals suffering from depression, anxiety, chronic pain, physical weight and other health issues, enabling them to lead happier and healthier life.

Pragati Gupta

Kam Kang





Current Events

Tuesday 23rd July

4:15 pm - 5:15 pm

Note: change in time

Zoom Meeting:

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

Guests welcome

CHINMAY TUMBE: “INDIA MOVING: A HISTORY OF MIGRATION”

“Migration” is commonly used in the context of human movement. The author will describe when, how and why over centuries people have moved to, from and within the Indian subcontinent. He will speak about the Great Indian Migration Wave and its significance in modern Indian history. A new perspective on the migration of business communities both within and outside India, will be shown.

Mass migration caused by multiple partitions, refugee crises and other displacements in Indian history and their disproportionate impact on particular communities and finally a perspective on migration and development in the future will be provided.

Chinmay Tumble, author of 2 books, is currently a faculty member in the Economics Area at the Indian Institute of Management, Ahmedabad. He is an alumnus of the London School of Economics and Political Science and the Indian Institute of Management, Bangalore. He has published widely on migration for a decade.

Neelam Narayan

Barbara Halusa

Music



Thursday 25th July

11:00 am – 12:15 pm

Residence of:

Marietta Barreto

3 Lalit Building, 2nd floor
Behind Cusrow Baug
37 Nathalal Parekh Marg
Colaba
Mumbai 400 001

Guests welcome

A MORNING OF WESTERN CLASSICAL MUSIC

Maneck Billimoria will give us a captivating insight into the legendary Steinway & Sons pianos and all that goes into producing such a fine instrument that's very often the preferred choice of leading artists in the classical music world! This talk will include the history of Steinway, its iconic collection of pianos and how its various components are hand-crafted by some of the best technicians in the world.

Maneck will also play the first movement of Beethoven's Moonlight Sonata, Sinding's Rustle of Spring and an excerpt from Chopin's Andante Spianato and give us a brief on each composition and its composer.

Maneck began studying the art of playing western classical music at the Mehli Mehta Music Foundation and continued later with private teachers from Mumbai, Romania and London. He is currently working at the NCPA with the Symphony Orchestra of India where he manages events and production.

Gita Purandare

Ferzana Khanna





Cooking Swapshop

Friday 26th July

11:00 am – 12:15 pm

Residence of:

Sunita Nahar

51/52, Infinity Tower
Narayan Dabolkar Road
Mumbai 400 006

Limit: 35 Members

LIFE IS SHORT...EAT ICE CREAM!

“My love for gelato started in my third year of college after I spent 6 months in Milan living and breathing gelato. Once I graduated from college I started my career in the gelato space after studying gelato making in Bologna. I started Nova in February 2020.” Simran Advani.

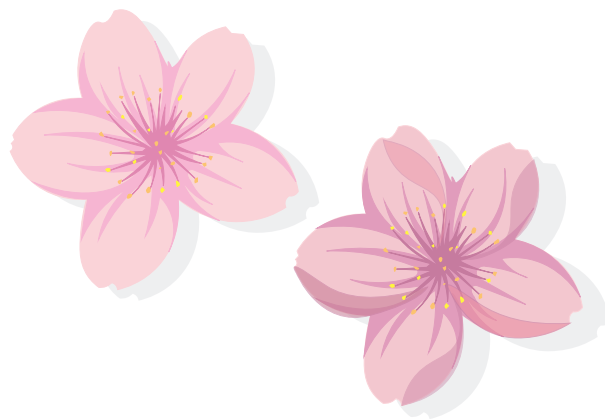
Beat the heat and come and join us for a dollop of mouth watering gelato where every scoop is a moment of pure indulgence!

To register, please WhatsApp your name and membership number only to **Vasant Singh at 98204 98969 on Friday, 19th July.**

There will be a charge of Rs. 250 per member.

Amita Sheth

Priya Mehta



Executive Committee 2024-2025



Art & Handicrafts

Nanda Madhavji
+ 91 98194 98822
nanda.madhavji@hotmail.com

Kristin Mehta
+91 98197 46979
kristin.donaldson3@gmail.com

Book Discussion

Farah Raina
+91 98204 50806
farahraina76@gmail.com

Ayesha Soonawalla
+91 98210 29744
aydasoon@gmail.com

Current Events

Neelam Narayan
+91 98202 87877
neelamnarayan@gmail.com

Barbara Halusa
+91 91522 40884
barbara.halusa@gmail.com

Cooking Swapshop

Amita Sheth
+91 98200 31532
amitasheth2002@yahoo.com

Priya Mehta
+91 98191 31406
priya.n.mehta@gmail.com

History, Culture & Tours

Varsha Sethi
+91 93237 81942
vsethi1000@gmail.com

Vinay Kumari Chopra
+91 99877 54846
kumari.vinay@gmail.com

Health & Ecology

Pragati Gupta
+91 98201 29700
297pragati@gmail.com

Kam Kang
+91 91363 22802
kamkang1@icloud.com

Philosophy & Religion

Jeannie Madan
+91 98201 80997
jjmadan@gmail.com

Benu Parkash
+91 98205 57345
benuparkash@gmail.com

Music

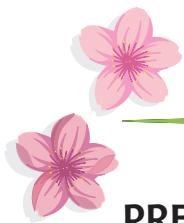
Gita Purandare
+91 98201 86374
gitapurandare@gmail.com

Ferzana Khanna
+91 98204 29897
ferzanakhanna@gmail.com

Performing Arts

Sheena Kataria
+91 98202 84890
sheena_kataria@yahoo.com

Gülçin Körpe
+91 98204 75552
koerpe.guelcin@gmail.com



Board Members 2024-2025

PRESIDENTS

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+91 98200 31885
mkchinai@hotmail.com

Soledad Gramajo
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sgramajo1@yahoo.co.ar

VICE PRESIDENTS

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anukedia63@gmail.com

Juliana Ballard
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diplomatsballards@yahoo.com

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+91 98211 19815
hemalu@gmail.com

Marietta Barreto
+91 98220 04421
mariettabarreto@hotmail.com

TREASURERS

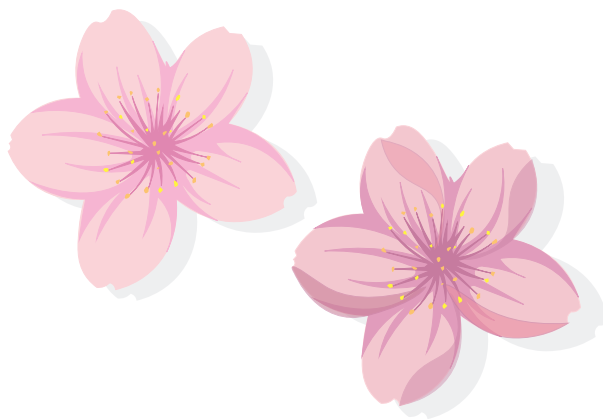
Ameeta Shah
+91 98200 72658
shahameeta@hotmail.com

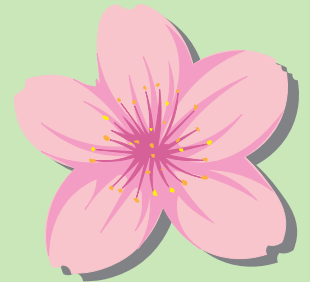
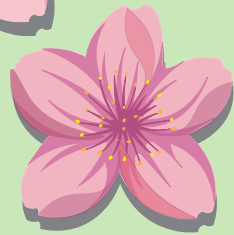
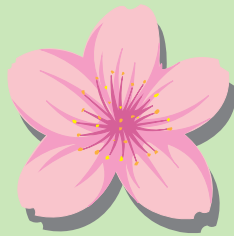
Neeta Merchant
+91 98676 43230
neetamerchant@goodearth.in

MEMBERSHIP TREASURERS

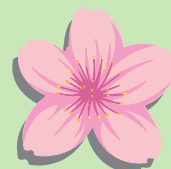
Christina Mirani
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chris.mirani@gmail.com

Nicola Gerber
+91 98206 82450
nicola@fusionstudio.eu





indus
INTERNATIONAL



www.indusinternational.org

