



DECEMBER 2023

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 : indusinternational Mumbai
Indus International

December at a Glance

DATE	ACTIVITY	SPEAKER	VENUE
Monday 4 th	Executive Meeting		To be decided
Monday 11 th	History, Culture & Tours	Gita Purandare	Maya Merchant 91A Jupiter 1 Anstey Road Off Altamount Road
Tuesday 12 th	Art & Handicrafts and Health & Ecology Guests welcome	Seema Mathias	Rajyalakshmi Rao Bungalow 3 Madhuli Gardens Dr A B Road Worli
Friday 15 th	Christmas Coffee Morning		Phiroza Muncherjee Adenwala Baug Tardeo



From the Desk of the Presidents

2023 has almost ended and the festive season is just around the corner. Our chairladies have lined up some very interesting meetings, followed by our annual Christmas Morning on 15th December. The details are included in this newsletter.

It was so wonderful to meet up with our founder member Saroj Prakash a few weeks ago, along with all our past Presidents, at our Founders' Day lunch. The Onam lunch held at the Leela was also a resounding success and many thanks to our Vice Presidents and all the volunteer members who worked so tirelessly to make it such a memorable event.

Again, we must remind active members to please ensure that they do attend the required number of meetings, as stipulated in our Memorandum of Association. The Chairladies have organised such interesting meetings and, in order to offer all options to our members, have included several zoom meetings as well.

Seasons Greetings to everyone and we wish all our members and their families good health, peace and happiness in the New Year.

Hema (Tinu) Shanghvi

Pervin Poonawala



CONTRIBUTIONS TO CHARITIES

We have received several appeals from charities who need funding for their worthy causes. Ladies, during this festive season we do hope you will think of those less fortunate than us and donate generously to enable us to support these organisations.

All cheques to be made in favour of Indus International, and our accountants will issue 80G tax certificates, which will help you with your taxes on March 31st. So do dig deep into your hearts and pockets and help others and yourselves.

NEWSLETTERS

Monthly newsletters will be sent by Email and WhatsApp.

Please contact the Vice Presidents if you have not received your newsletter.

CONDOLENCES

Our deepest condolences to Madhavi Kilachand on the sad demise of her father.

TRAVEL

In the coming year, Indus ladies can look forward to an exciting international trip to South Korea, scheduled for end March/ beginning April.

We will visit Seoul, Busan, Gyeongju and Jeju, among other places, for an immersive Korean experience.

The required number of ladies have already signed up for the trip. However, if you are still interested, please give in your names by December 30th to the travel committee and **you will be put on a waitlist**.

Dina Desai
9820231010

Indira Kilachand
9820057219

Annu Toshniwal
9820068100

Prerna Kewalramani
9820238123

Sheena Kataria
9820284890



**SAVE THE DATE!
TIME FOR
THE INDUS ANNUAL
PICNIC!**

MONDAY, 22nd January 2024

VILLA WOOD APPLE

ALIBAGH

[MORE DETAILS IN OUR JANUARY NEWSLETTER](#)



Executive Meeting

Monday, 4th December

11:00 am - 12:15 pm

Residence of:

To be decided

Ladies, please email a copy of the blurb for your January meeting, latest by 10th December 2023, to both:

Armaity Sumariwalla armaitys@gmail.com

Vidya Srinivas vidyacadambe@gmail.com

We do not require a hard copy of the blurb.

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

ana.d.panandiker@gmail.com

Nicola@fusionstudio.eu

Armaity Sumariwalla

Vidya Srinivas



Monday, 11th December

11:00 am – 12:15 pm

Residence of:

Maya Merchant
91A Jupiter, 9th Floor
1 Anstey Road
Off Altamount Road
Mumbai 400026

Limit: 30 members

INDUS TRIP REPORT – TRAVELS THROUGH PRAYAGRAJ, AYODHYA & LUCKNOW

A very fun morning is in store for us. The INDUS trippers travelled to North India in November, beginning in Prayagraj (Allahabad), going on to Ayodhya and finally Lucknow. A week of dazzling sights, a unique early morning aarti at Ayodhya, rickshaw rides, boat rides on the Ganges, and enough food and shopping packed in to last a month! Please join us this morning to enjoy the wonderful photos and videos from the trip and much more.

Our speaker today is our own **Gita Purandare**, a history major and travel lover, who will discuss all the amazing sights. Our members **Marietta Barreto** and **Neeta Merchant** will also join us to share their experiences.

Ladies, for our trippers, this is a great opportunity to re-live fantastic memories and laugh about the funny moments! For our friends who couldn't join us, this is a chance to start planning your next trip!

Sonica Arya

Radhika Singhal

To register, please call or WhatsApp **Samina Khorakiwala** on +91 98202 29790 on **Friday, December 8th**, between 4pm & 6 pm.

Tuesday, 12th December
Please note change in timing

11:00 am - 12:30 pm

Residence of:

Rajyalakshmi Rao
Bungalow 3, Madhuli Gardens
Dr Annie Besant Road
Near Poonam Apartments
Worli, Mumbai 400 018

Guests Welcome

ECO-FRIENDLY FASHION

Fashion and eco-consciousness can co-exist! Spend a morning with **Seema Mathias** - inspired by nature and driven by her passion for and dedication to preserving nature's beauty and promoting conscious fashion choices.

CoralbySeema was started with a vision to bring people closer to nature through simple solutions found in natural colors, organic materials and "earth-friendly seasonless fashion", that not only looks good but feels good. Seema has earned multiple awards for her sustainable designs from the IDA, and holds a Masters degree in Luxury Accessory Design and Brand Management from Istituto Marangoni in Milan, Italy.

Using natural materials like hemp, organic canvas, kala cotton, modal, mulberry silk and plant-based leather, each hand-crafted piece is hand-dyed and eco-printed with ingredients like flowers, roots, leaves, seeds and kitchen waste. Striving towards becoming a 100% zero waste unit, CoralbySeema uses all production waste - bigger scraps are used to create one-of-a-kind designs and the smallest bits of production waste are now successfully being salvaged to create textiles and a range of unmatched pieces, showcasing a beautiful blend of natural colors, almost akin to art.

Meet and interact with the designer and experience the magic of "bundle printing" as Seema demonstrates one of her main processes and talks about her interesting journey.

Perna Kewalramani
Ritu Joshi

Juliana Ballard
Bharti Chotirmal

Christmas Coffee Morning

Friday, 15th December

11:00 am – 12:30 pm

Adenwala Baug, Tardeo



“...Let everyone know, there is hope for all to find peace”

In a world torn apart by hatred and war, the Indus Choir will perform songs of peace and goodwill at our Christmas Coffee morning

The concert will be followed by fruit cake, snacks and punch to raise your spirits

If you wish to contribute goodies for the table or sponsor the goodies

Please WhatsApp

Armaity Sumariwalla + 91 98202 84858

Vidya Srinivas +91 98699 18348

**To register for the event, please WhatsApp between
1st and 5th December**

A to M: Rachita Kapur + 91 9820214903

N to Z: Surbhi Tanna + 91 9820284355

**For registration after 5th December, please WhatsApp the
Vice Presidents**

German Potato Salad by Barbara Halusa

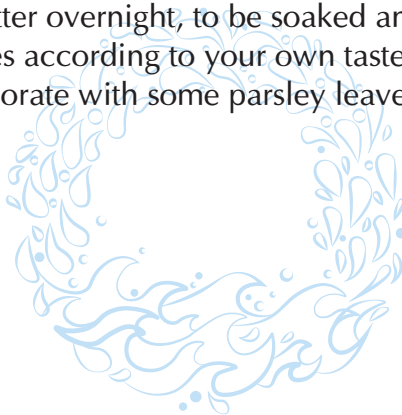
Ingredients

- 1 kg Potatoes (chose the small one)
- 1 spoon 3p of Dijon mustard
- 4 spoons of Mayonnaise
- 2 spoons of Yoghurt (unsweetened, e.g. Greek Yoghurt)
- Gherkin/pickle water
- 2 small Gherkins/pickles or more
- 1 small red onion
- ½ apple
- Salt, pepper, a pinch of sugar and parsley leaves for decoration

Preparation

1. Boil the potatoes approx. 10 min (they need to be firm, but not hard, sliceable and chewable)
2. Cool the down
3. Make a creamy dressing in a bowl of Dijon mustard, Mayonnaise, Yoghurt and Gherkin water
4. Peel the potatoes and cut them up into slices or quarters (bite size)
5. Chop the gherkins, the red onion and the apple
6. Put them all into the bowl and mix them thoroughly
7. Add some salt, pepper and a pinch of sugar according to your taste
8. Cover the bowl and place the salad in the fridge for minimum 3-4 hours, better overnight, to be soaked and please try again and add spices according to your own taste, before you serve the salad, decorate with some parsley leaves

Guten Appetit !



Hummus by Ravit Kedem

Ingredients

- 1/2 cup dried chickpeas
- 1/2 cups water
- 2 tablespoons light tahini paste
- 2 tablespoons freshly squeezed lemon juice
- 2 cloves garlic, crushed.
- 1/4 teaspoon Salt
- 1/4 teaspoon cumin

Preparation

1. The night before, put the chickpeas in a large bowl and cover them with cold water at least twice their volume. Leave to soak overnight.
2. The day after, boil the chickpeas in a pressure cooker
3. Let it cool.
4. Place all the ingredients in a Mixi (do not add the water)
5. Add 1 spoon of water at a time, until it formulates into a smooth paste

Options for Garnish

olive oil, Zaatar, Sumac, fully boiled chickpeas, roasted pine nuts



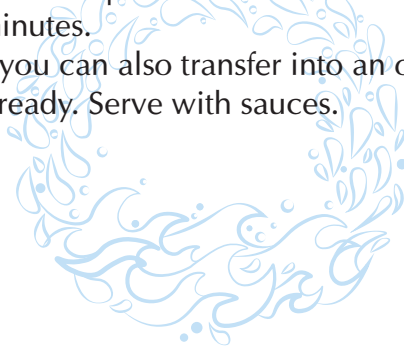
Tortilla de Papas by Maria Bharwani

Ingredients

6 eggs
6-8 potatoes (parboiled)
cut parsley
2-3 Sausages (cut them in round slim slices)
1-2 white onions (cut thinly lengthwise)
chillies finely cut
half tsp black pepper
salt to taste
Olive oil

Preparation

1. Take the potatoes slice them in any shape .
2. Take enough olive oil in a pan which has a little depth 2-3 inches and fry the potatoes.
3. When nearly done add in the sausages, white onions, chillies, parsley, salt and pepper.
4. Fry for few minutes
5. Add in beaten eggs.
6. With a fork settle and spread the mixture, giving it an even balance.
7. Put a lid over it.
8. When the bottom seems ready around 12-15 mins on low to medium fire, take a plate not flat and put it over the pan and picking up the pan very quickly turn it over, very carefully push it back into the pan with the extra mixture and cook for another 15 minutes.
9. At this stage, you can also transfer into an oven and cook in the oven, till ready. Serve with sauces.



Empanadas by Soledad Gramajo

Ingredients

1 pd lean ground beef
1/2 cup shortening
2 medium onions, chopped
2 teaspoons Hungarian sweet paprika teaspoon hot paprika
1/2 teaspoon crushed red pepper flakes
salt to taste
1 teaspoon ground cumin
1 tablespoon distilled white vinegar.
1/4 cup raisins
2 large hard-cooked eggs,
chopped 1/2 cup pitted green olives,
1 (17.5 ounce) package frozen puff pastry sheets, thawed
1 large egg, beaten (optional)

Preparation

1. Spread ground beef into a large sieve. Slowly pour boiling water over top for partial cooking. Let drain and cool.
2. Meanwhile, melt shortening in a skillet over medium heat. Add onions; cook and stir until just before they begin to turn golden, 12 to 15 minutes. Remove from the heat and stir in sweet paprika, hot paprika, and red pepper flakes; season with salt.
3. Transfer cooled beef to a bowl. Mix in vinegar and cumin and season with salt. Mix in onions until well combined. Transfer to a large plate to cool and harden, about 10 minutes.
4. Preheat the oven to 350 degrees F (180 degrees C). Line a baking sheet with parchment paper.
5. Cut puff pastry dough into 10 circles. Place a spoonful meat mixture onto each round, making sure at least 1/2 inch of the outer pastry edge stays clean and dry.
6. Add olives, raisins, and hard-cooked eggs to each round. Slightly wet the edges of pastry rounds, fold in half into half-moons, and press the edges together. Seal empanadas by twisting and curling dough together between your thumb and index finger, adding pressure before releasing each pinch and moving on to the next one.
7. Place empanadas onto the prepared baking sheet. Prick each empanada with a fork near the curled edge to allow steam to escape during baking. Brush empanadas with beaten egg.
8. Bake in the preheated oven until golden, 20 to 30 minutes.

Chinese Bhel (serves 8 to 10 persons)

Fried Noodles (any instant ones (150-160gms) (I used Maggi)
Cabbage 1 cup (finely sliced)
Carrot grated 1/2 cup
Green capsicum 1/2 cup (finely sliced)
Spring onion 1/2 cup (finely chopped with the greens)
Fresh coriander 3-5 tbsp (finely chopped)
Peanuts 1/2 cup (coarsely crushed)
Sesame seeds 2 tbsp
Garlic 1 tbsp finely chopped
Ginger 1 tbsp (grated)

Dressing

125 ml 1/2 cup sesame oil
65 ml 1/4 cup vinegar
4 tbsp sugar

BOIL and cool

Add

1 tbsp ketchup
1 lemon (juice)
2-3 tbsp Schezwan sauce or Sriracha sauce
1/2 tbsp dark soy sauce

Black Hummus (made 1.5 cups)

Red Chana 1/2 cup (soak overnight and pressure cook next day)

Black sesame 2 tbsp (soaked for 1 hour)

1 large cloves garlic

1 green chilli

(blend together)

add

1/2 tsp roasted cumin powder pwd)

1 tsp red chilli pwd

1 lemon

2 tbsp oil

Salt to taste

Mint leaves to garnish

Achari Aloo Chaat

500 gms potato (boiled and cubed)

2 onions (cubed)

2 tbsp fresh coriander

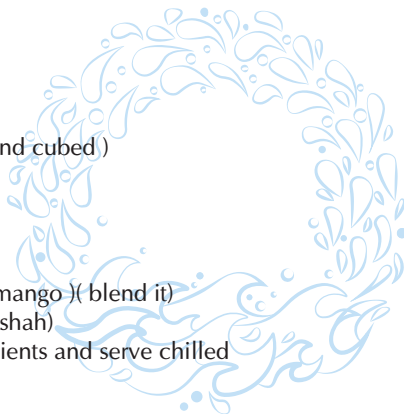
200 ml mayonnaise

100 ml dahi

2-3 tbsp achar (bedekar mango)(blend it)

3tbsp chaat masala(badshah)

Mix all the above ingredients and serve chilled



The Forest Speaks

A poem by Rachna Toshniwal, May 2023

There are forests
where druids live
And fairies flit through the trees
Where the red fox prowls
the jungles at night
And the tragopan squawks
close to the ground

This is the place where crystals lay waiting
Hidden in caves across the mountain edge

A place where
Pink and purple rhododendrons
Bloom in a line, their branches
Laying close to the soil

Soil that is fragrant like incense
Rich fertile brown
Made from the death of trees
Laid down by time and storm

A place where golden oaks
Stand tall, shimmering in the sunlight
Where rocks stand as sentinels to passersby
Strewn across meadows and forests
Perches for blue sheep and passing through ibex

The forest speaks
In voices heard
By the soles of my feet
The breathing layers of my skin
My listening eyes
My finger tips

It's not the 'I' that hears
And yet it is heard...
The forest that speaks
Without words

In the bird song
the cracking thunder
the tongues of forked lightning
the biting of snow-swept wind



(Cont.)

You can hear it in the crunch of the dried fallen leaves

In the many voices of the river
The wild crackle of wood fire
The gentle fall of snow
The crystalline core of mountain stone...

Rocks glisten hard and cold
Step carefully and break no bones

The forest speaks
Of the known
Unknown

Soon we shall leave the site
A little disturbed with fires made at night
The rocks, the grasses, the hollies and the pines
Remain as they were delighting in the sunlight

Here's a place
where my heart knows
It beats with a shimmer...
Canopied by the night sky
Moved by the mountain breeze
Humbled by the pure white snow-capped mountains
A silence that feeds me

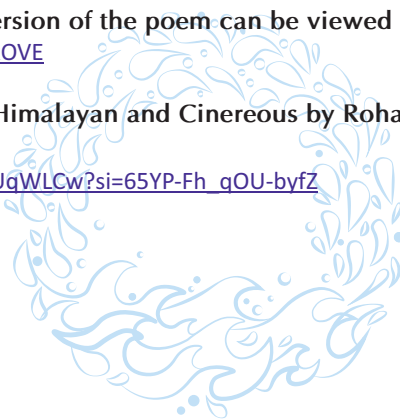
I can always return
To this delicate moment
In my heart
That holds the peaks
Seen yet unseen

A sound and visual version of the poem can be viewed here:

<https://youtu.be/JS--LxdkOVE>

Ode to the Vultures: Himalayan and Cinereous by Rohan Shah can be viewed here:

https://youtu.be/hUpqhUqWLCw?si=65YP-Fh_qOU-byfZ



Executive Committee 2023-2024

Art & Handicrafts

Perna Kewalramani
+91 9820238123

Juliana Ballard
+91 9152005183

Book Discussion

Farah Raina
+91 9820450806

Ayesha Soonawalla
+91 9821029744

Current Events

Neelam Narayan
+91 9820287877

Barbara Halusa
+91 9152240884

Cooking Swapshop

Amita Sheth
+91 9820031532

Medha Chinai
+919820031885

History, Culture & Tours

Sonica Arya
+91 9820046682

Radhika Singhal
+91 9820722336

Health & Ecology

Ritu Joshi
+91 9892330121

Bharti Chotirmal
+91 9820048890

Philosophy & Religion

Jeannie Madan
+91 9820180997

Benu Parkash
+91 9820557345

Music

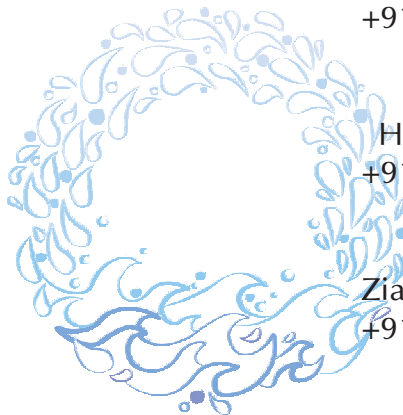
Seema Singh
+919820127741

Harsha Shaparia
+91 9821113193

Performing Arts

Sunita Nahar
+91 9820280782

Zia Mehta
+91 9820120227



Board Members 2023-2024

PRESIDENTS

Hema (Tinu) Shanghvi
+91 9821027654
tikash61@gmail.com

Pervin Poonawala
+91 9820092668
pervinpoonawala@hotmail.com

VICE PRESIDENTS

Armaity Sumariwalla
+91 9820284858
armaitys@gmail.com

Vidya Srinivas
+91 9869918348
vidyacadambe@gmail.com

SECRETARIES

Rekha Chhabria
+91 9820159594
achhabria19@gmail.com

Sheetal Patel
+91 9820058817
sheetalpatel27@hotmail.com

TREASURERS

Amisha Himatsingka
+91 9322258617
amisha@miura.co.in

Ameeta Shah
+91 9820072658
shahameeta@hotmail.com

MEMBERSHIP TREASURERS

Ana Panandiker
+91 98204 12594
ana.d.panandiker@gmail.com

Nicola Gerber
+91 9820682450
nicola@fusionstudio.eu



www.indusinternational.org