



indus  
INTERNATIONAL

2022-2023



**PATIENCE & PERSEVERANCE**

**JULY 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, 2<sup>nd</sup> Floor,  
Free Press Journal Marg,  
Nariman Point,  
Mumbai - 400021.

**Website :** [www.indusinternational.org](http://www.indusinternational.org)  
**Email :** [membershipindus@gmail.com](mailto:membershipindus@gmail.com)  
**Instagram :** [indusinternationalmumbai](https://www.instagram.com/indusinternationalmumbai)

# INDUS INTERNATIONAL

## NEWSLETTER JULY 2022 MONTH AT A GLANCE

Friday	1 <sup>st</sup>	Performing Arts
Monday	4 <sup>th</sup>	Executive Meeting
Tuesday	5 <sup>th</sup>	Health & Ecology  
Thursday	7 <sup>th</sup>	Art
Tuesday	12 <sup>th</sup>	Handicraft 
Wednesday	13 <sup>th</sup>	Cooking Swapshop 
Tuesday	19 <sup>th</sup>	EGM & Philosophy and Religion 
Thursday	21 <sup>st</sup>	Book Discussion
Tuesday	26 <sup>th</sup>	Current Events 
Wednesday	27 <sup>th</sup>	History Culture and Tours 
Thursday	28 <sup>th</sup>	Music

Change of date: 

Change of time: 

Guests allowed: 

# FROM THE DESK OF THE PRESIDENTS

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With the coming of the Monsoon and the return of normalcy in the city we look forward to getting together with our Indus friends again. We hope to see our members taking full advantage of this, bringing us back to our good old days of sipping coffee and chatter before the meetings.

There's much in store for the next few months. Our enthusiastic chairladies have lined up very interesting meetings, many of them in person and a few on Zoom.

**As a precautionary measure, masking for in person meetings is requested.**

We thank the outgoing Chairladies for organizing some fantastic meetings in June to start off the year in style and motivating us to invite diverse speakers in the coming months.

The Disbursement and Membership Committees have been formed. We look forward to working with our new committee members and thank all of them.

Our trusted and efficient Communications team remains the same and we look forward to their continued support.

In the spirit of togetherness, we welcomed all our new members with an ice breaker over tea, giving them a taste of the friendship, fellowship, fun and laughter that we all share.

Our meticulous travel committee is working hard as always to put together a great holiday. In order to avoid FOMO and disappointment, do get in touch with them for more fun details on the destinations. NEEDLESS to say, Indus trips are a great opportunity to make new everlasting friends and strengthen existing friendships.

We have enthusiastically planned various special events in the coming months and look forward to your suggestions & participation in each. Please do get in touch with either one of us.

Enjoy this season and see you soon!

Sheena Kataria

Nalini Shewakramani

# EXTRA ORDINARY GENERAL MEETING

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Notice is hereby given that an **Extra Ordinary General Meeting** of Indus International will be held virtually over Zoom on 19th July 2022 at 10:15am. The meeting is being called to pass the below proposed Resolutions.

**To consider and if thought fit, to pass with or without modifications, the following Resolutions:**

**“RESOLVED** that the Audited Balance Sheet as on 31 st March 2022 and the Income & Expenditure Account for the year ended 31 st March 2022 presented before the EXTRAORDINARY GENERAL MEETING on the 19 th of July 2022 are hereby received and adopted.”

**“RESOLVED** that Indus International Audited and signed accounts, IT orders plus returns filed with Charity Commissioner for all past years should be scanned and kept in soft copy.”

**“Further RESOLVED** from 1st April 2022 accounts shall be maintained in digital format as advised by the current Auditor, Mukesh Sheth of **“SHETH & ASSOCIATES”**

**“RESOLVED** to scan and store soft copies of Executive Meeting Minutes up to FY 2015 and keep only physical records for 10 years.”

## **Explanatory Statement**

The Accounts of Indus International could not be approved at the Annual General Meeting held on 21 st April 2022 as the audit had not been completed, on account of delay of TDS certificate from the banks, therefore under Article 66(2) of the Rules and Regulations of the Memorandum of Association of Indus International the meeting is being called to pass these Resolutions.

All ACCOUNTS as per income tax mandate must be maintained for 7 years in physical hard copy preceding the current year only; up to FY 2015 vouchers bills etc prior to 2014 be totally trashed.

Sheena Kataria  
President

Nalini (Kaya) Shewakramani  
President



# NOTICE BOARD....

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## DISBURSEMENT COMMITTEE (2022 -2023)

**Presidents:** Sheena Kataria, Nalini (Kaya) Shewakramani

**Treasurers:** Nisha Aggarwal, Amisha Himatsingka

**Members:** Dolat Kotwal, Rehana Datoobhoy, Rachel Bhot,  
Lyla Mehta

## COMMUNICATIONS TEAM

Minoti Jain, Farzana Khanna, Madhavi Shah, Nazneen Dubash,  
Rumah Wahal, Jaya Chawla.

## TRAVEL

The Indus trip to **Kashmir/Kangra** in late September has started to fill up. Those of you who wish to join the trippers please let the travel committee have your preferences no later than **5<sup>th</sup> July 2022**.

**Anu Toshniwal**

**98200 68100**

**Dina Desai**

**9820231010**

**Indira Kilachand**

**9820057219**

## FELLOWSHIP

In- person Fellowship is scheduled on Thursday, 22<sup>nd</sup> September and will focus on the Indian Festival of Navratri. Please contact the Vice Presidents, Priya Mehta or Marietta Barreto if you would like to participate/contribute in anyway.

# NOTICE BOARD

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## Participation Helpmate

Call or whatsapp our two Participation helpmates who will help all members with Participation opportunities.

Cherry Mehta: 98204 09267

Varsha Sethi: 93237 81942

## Senior Member Helpmate

A special reminder to our senior members, that this year we have appointed two long standing and well appreciated members **Rekha Shah & Jinx Akerkar** whom you can address with any issue related to Indus activities, share your ideas and suggestions.

**We would also like to see senior members at our meetings to attend for at least a minimum of 6 times per year.**





# Birthdays for July

Wishing all our members Best Wishes on their special day  
**“Alles Gute Zum Geburststag”**

JULY 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4  Annu Toshiwal	5  Lara Kotecha	6	7  Santosh Gupta	8	9  Rekha Shah
10	11	12  Roxanne Patel Nivela Gidwani	13  Sheena Kataria	14	15  Nandini Narvekar	16
17	18  Sachin Rao Jyotsna Banotwala Leena Vaid	19	20	21  Premita Dasrani Rohana Dattotkhar	22  Poojish Vakil Sa Kajal Shani Malviya	23
24  Anshu Antia	25	26  Dharmata Bharti Vivika Jhanghanevala	27  Indira Jaggi Sohu Parekh	28	29	30  Devna Shah
31  Nandini Kapashi						

## 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

# ANNOUNCEMENTS

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**22  
SEPTEMBER**

**In person  
Fellowship  
Theme :  
Navratri**



**END  
SEPTEMBER**

**Indus Trip  
Call Travel Trio:  
Dina, Annu,  
Indira**



**UPCOMING  
EVENTS**

**14  
OCTOBER**

**Diwali lunch  
with Indus  
Friends**



**19  
OCTOBER**

**Surprise  
Quiz**



# Annual Fee and Membership Renewal Form

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Please send your renewal fee of Rs. 3,500/- before 31<sup>st</sup> 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>

# WELFARE – APPEALS FROM CHARITIES

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Listed below are the Charities who have appealed to Indus International for their worthy causes.

Please donate generously to support these organisations which are trying to survive in the post pandemic economy.

**All cheques to be made in favour of Indus International.**

Please include the following:

- PAN Card copy.
- Letter of Donation - stating purpose of the donation, payment details, etc.
- Indus will give a receipt and copy of its 80G certificate to the donor.

1) **WOMEN'S GRADUATE UNION** - Award scholarships to students from the lower income group after selecting a deserving candidate for their chosen field of education. Request Rs.1,50,000 will support 10 students. ( Rs. 15000/- per student)

2) **PASSAGES** gives financial assistance to Women undergoing Radiation & Chemotherapy to lesser privileged Cancer patients through the Passages “ILLNESS TO WELLNESS” programme within Mumbai city. ([www.epassages.org](http://www.epassages.org)) Request Rs. 2,00,000 will support 20 patients this year.

3) **YASHAM's** school program for the underprivileged children supplements formal school Education. Focus on proficiency in English, basic mathematical skills and value systems. Request of Rs. 2,40,000 to support 20 children for one year.

4) **WOMEN'S INDIA TRUST ( WIT )** provides better educational facilities and conducive living environment to nursing students at Panel, Raigad. Request for improving education facilities & equipment required for the Nursing school - Rs.1,81,600/-

# WELFARE – APPEALS FROM CHARITIES.....

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5) **KHERWADI SOCIAL WELFARE ASSOCIATION (KSWA) - Smokeless Chulhas** addresses rural womens health as well as the environment. We request support to provide women of the Gond tribe in Gadchiroli with Smokeless Chulha, a donation of Rs. 12,00,000/- will address 600 women. The cost of one painted smokeless chulha made of bricks with concretised top and plastered with mud is Rs. 2000/-  
Request for donation of Rs. 12,00,000/ for 600 chulhas.

6) **CENTRE FOR TRANSFORMING INDIA-**  
Bicycle project initiated to make the commute easy and reduce the drop out rate of girls in Alibaug schools .Each bicycle cost is Rs.5000/-  
Request a donation of Rs.1,00,000/ to help 20 girl students to complete their education.

7) **CUDDLES** - a nonprofit foundation focused on providing food and nutrition to underprivileged children battling cancer in government cancer hospitals. Cuddles Foundation was born to fight childhood cancer due to impact of the lack of nutrition to kids suffering with cancer.  
Request for 648 beneficiaries annually at Rs. 3400/-per ration basket. Monthly requirement is 54 ration baskets to support .

8) **KHERWADI SOCIAL WELFARE ASSOCIATION (KSWA)- Backyard Poultry** -This project addresses rural women's nutrition needs and their livelihoods by support to provide tribal women in Gadchiroli with training and start - up poultry units.  
Request for Rs. 21,00,000/- the cost Rs. 7,000/- per household, (total number of households is 300)

# PERFORMING ARTS

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Friday 1st

11.00 a.m - 12:15 p.m

## In-person meetings:

### Residence of:

**Annu Toshniwal**

Lalit Kunj, 6th floor,  
70, Pochkhanawala Road,  
Worli, Mumbai 400 030.

Limit - 30 members

## GULZAR ISHQ - with Renuu Gupta

**Renuu** is a content writer, editor and an artist who narrates beyond the beaten path. She curates and presents programs on lives and works of eminent Indian personalities and litterateurs, for example, “Zindagi Gulzar Hai” on Gulzar, “Main Tainu Pher Milangi” and “Chhitthiye” on Amrita Pritam, “Jashn-e-Sahir” on Sahir Ludhianvi, “The Irreverent Sardar” on Khushwant Singh, “Mera Rangde Basanti Chola” on Shaheed Bhagat Singh, Princess-Goddess on Draupadi, and many more, both live and through her YouTube channel.

Today she brings to us, **Gulzar Ishq**, acquainting us with the genius of Gulzar, the people who shaped him, shared his life and, inspired him through his magical world of words set to music. Let us discover the true poet and writer beyond Bollywood.

After a hiatus of two years, ladies, let us celebrate the gift of life in person and rekindle the spirit of Indus through poetry and music.

**Gopi Vaid**

**Neeru Mehra**

For registrations call **Gauri Marwah 98339 89941** on  
**Monday 27th June between 10:00am-12:00pm and**  
**5:00pm -7:00pm**

**Any cancellations before 48 hours.**

# EXECUTIVE MEETING

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Monday 4th

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 July meeting latest by 10th July 2022 to both.

Priya Mehta  
Marietta Barreto

priya.n.mehta@gmail.com  
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**

# HEALTH & ECOLOGY

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Tuesday 5<sup>th</sup> July

4:00 p.m - 5:15 p.m

**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**

## **Changing Nutrition Needs of Women**

For women, nutrition needs change through the life cycle. From teenage years to reproductive years of pregnancy and nursing, to reaching menopause and enjoying the years beyond while aging gracefully. The latter years are when most women are free of responsibilities and are ready to enjoy life. It is very important that during this phase one takes care of health, so that one can enjoy the middle age and beyond. Nutrition is a very important component in maintaining good health. It is a science but with self-styled experts it has become pseudoscience with more questions than answers.

**Niti Desai** is going to throw light on nutrition needs in mid-life and clear lot of myths. Niti is a celebrity nutritionist practicing in south Mumbai. She has worked with Femina Miss India and with many well-known families including Bollywood celebrities and our Olympic champions Mary Kom and Gagan Narang.

**Namrata Singhania**

**Neeta Merchant**



# ART

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Thursday 7<sup>th</sup>

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

**In Person Meeting:**

**Venue:**

**JADE**

001, Ground Floor,  
Mewar Apartments,  
40A, Peddar Road,  
Mumbai 400026.

**Limit: 35 members**

## **JADE FASHION ART WITH A HEART**

JADE is not merely a couture label. It was created to revive Indian ancient arts, in turn empowering craftsmen across India. Be it Leheriya or Miniature Art, Goand artists from Odisha or silversmiths from Jaipur, Jade constantly works with them to keep our Indian culture and heritage alive. They aim to give back to the artisans their creativity and dignity as together they find modern expressions to ancient techniques.

To further this vision and holistically address social and economical issues, Jade laid the foundation for the Chanakya School of Craft. This is a non profit organisation that preserves our culture, enables multi-dimensional learning and provides equal opportunities to the backbone of our community-the women.

**Monica and Karishma** of Jade walk you through their interesting journey.

**Rashna Doongaji**

**Kanchan Khubchandani**

**For registrations please call Rekha Chabria 9820159594 on Wednesday 29<sup>th</sup> June between 11:00 a.m and 12:00 noon or 4:00 p.m – 5:00 p.m**

# HANDICRAFTS

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Tuesday 12<sup>th</sup>

4:00 p.m - 5:00 p.m

**Please note change of time**

**Zoom Meeting:**

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

**Guests welcome**

## **A JOURNEY TO MEXICO – TRADITIONAL CRAFTS OF OAXACA**

The Mexican state of Oaxaca is home to over 70 pottery communities, each with their own styles and techniques. Overwhelmingly, traditional methods still prevail in the region with forms and techniques largely unchanged.

Working with artisans and designers from across the region, **Raffaella Goffredi** is an advocate for traditional Oaxacan crafts. Raffaella will share with us the stories behind some of these remarkable craft communities, their techniques and how these communities are not only surviving in a modern world, but are models of sustainable and ethical craft practices.

Raffaella, a former Design Specialist at Christie's, established London-based online business Revolution of Forms in 2020, to promote handmade design and craft. Revolution of Forms has been featured in such publications as Elle Decoration, The Financial Times and exhibited at London Craft Week.

**Shabana Abdulkarim**

**Helen Craggs**

# COOKING SWAPSHOP

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Wednesday 13<sup>th</sup>

11.00 a.m - 12.15 p.m

**Please note change of date**

**In person meeting:**

**Venue:**

**Sunita Nahar**  
51/52 Infinity Tower,  
15, Narayan Dhabolkar Road,  
Mumbai - 400 006.

**Limit: 30 members**

## **“ALL YOU KNEAD IS LOVE !!”**

The Dough Show ..... an artisanal bakery offers a unique range of homemade breads that are great for breakfast spreads, luncheons and teas and even as dinner bites.

Everything at The Dough Show is made to order using highest quality natural and freshest ingredients. All their breads are eggless!

**Divya Khanna**, the proud owner of this artisanal bakery is a self-taught baker with professional training in food preservation. Today she will be demonstrating the technique of making Korean Buns etc.

The Dough Show prides itself on its unique packaging and gifting hampers.

**For registrations, please call Isha Kedia on 9820180662 on Monday, 4<sup>th</sup> July between 10.00 a.m - 11.30 a.m.**

**Bina Kejriwal**

**Anju Siraj**

# PHILOSOPHY & RELIGION

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Tuesday 19<sup>th</sup>

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**

## LAW OF ATTRACTION

Who isn't excited by the thought of having the power to manifest anything that they desire? And who isn't bitterly disappointed when their efforts to manifest yield no fruit?

Though the Law of Attraction is often considered as something 'spiritual', it is, in fact based upon very scientific principles, which, if understood and followed, yields fruit every single time. Manifestation is not at all 'magical'; it involves taking personal responsibility to learn about and follow scientific principles that the Universe is based upon.

Let us begin the first step of this journey with **Ellaeenah JadeFire**, an energy intuit and a teacher of the principles of esoteric science, as she shares with us the basic principles of the law of attraction so that we have the power within us to create the reality of our choosing.

**Dipika Shroff**

**Neelu Kapur**

# BOOK DISCUSSION

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Thursday 21st

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

**In-person meeting:**

**Residence of**

**Sangeeta Katariya**  
24 St. James Court,  
5th Floor,  
Marine Drive,  
Mumbai 400020.

**Limit: 30 members**

## **YUGANTA: THE END OF AN EPOCH BY IRAWATI KARVE**

Irawati Karve's *Yuganta: The End of an Epoch* is a critique of the Mahabharata – it is not a retelling of the story, but offers a different perspective on it. Through a collection of critical essays on some of the main characters of the Mahabharata, the author provides an insightful and thought-provoking analysis of the society of that time as well as of the stories of the epic.

Our very own member, **Persis Vatcha**, will discuss with us, Irawati Karve's views and analysis of the characters of this great Indian Epic.

**For registrations, please call Saju Thadani on 9821402051  
on Monday 11<sup>th</sup> July 9:30 a.m - 11:00 a.m OR  
Wednesday 13<sup>th</sup> July 3:30 p.m - 5:30 p.m**

**Lubaina Soares**

**Sharmeen Maskati**

Book for August: *Where the Crawdads Sing* by Delia Owens

Book for September: *Colaba The Diamond at the Tip of Mumbai*  
by Shabnam Minwalla

# CURRENT EVENTS

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Tuesday 26th

11 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**

## **MUSIC EDUCATION AS A KEY 21<sup>ST</sup> CENTURY SKILL**

Carrying forward the rich legacy of violin maestro, Dr. L Subramaniam and Bollywood playback singer, Kavita Krisnamurti Subramaniam, singer-songwriter, Dr. Bindu Subramaniam and violinist, Dr. Ambi Subramaniam have helmed Subramaniam Academy of Performing Arts (SaPa) since 2011. SaPa firmly believes in the power of music in transforming lives; they offer live and self-paced courses, masterclasses and short courses in Indian and global music - vocal, instrumental, songwriting, music production, and composition.

Music education has come a long way from being considered an add-on subject. Join **Dr. Bindu Subramaniam** and **Dr. Ambi Subramaniam** from Bangalore as they talk about some important musical developments around the globe - the growing role of music in building key 21st century skills, the focus on STEAM (Science, Technology, Engineering, Arts, Mathematics) education with Arts subjects, particularly music, gaining centerstage, and India's new National Education Policy 2020, which also lays special emphasis on the role of arts and music in complementing the traditional lines of study.

**Anjali Mathur**

**Selma Kriegner**

# HISTORY, CULTURE & TOURS

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Wednesday 27<sup>th</sup>

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

Please note the change of date.

**In Person Meeting:**

**Residence of :**

**Aditi Thakker,**  
The Imperial, 4902 South Tower,  
Tardeo, Mumbai – 400 034

**Limit: 30 members**

## COAT OF ARMS

First introduced in Europe in the late 18th century as a symbol of social status, it was used as a means of identification in battles and sport events and gradually became an emblem of royal and noble families. These emblems were later embroidered on the coats of bearers and hence termed “Coat of Arms “. They are also know as crest, emblems and monograms.

They reveal history, social and cultural status, flora and fauna and religious beliefs of the royal family and were used on palace gates, cars and items of daily use like crockery, watches, playing cards and uniform of servants.

Mr. **Anuj Pakvasa** has had a liking to history and geography since his childhood. His father being an eminent postage stamp collector and many time national and international gold medalist inspired him to collect a piece of history. Mr Pakvasa started collecting coins of princely states around the year 1980. Some coins have state Coat of Arms minted and that interested him so he also started collecting these in metal as well as letterheads.

He is the proud owner of letters signed by Maharajas which is very rare. In this meeting he will exhibit this collection.

**Varsha Sheth**

**Sheetal Patel**

**For registrations, please call Sejal Modi on 9833263464 between 4:00 p.m -7:00 p.m on Monday 11th July, Tuesday 12th July and Wednesday 13th July.**

# MUSIC

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Thursday 28<sup>th</sup>

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

**In person meeting:**

**Residence of :**

**Medha Chinai**

B31, Mayfair Gardens,  
(behind WIAA Club)  
Little Gibbs Road, Malabar Hill,  
Mumbai 400006.

**There are 8-10 steps to the lift level.**

**Limit: 35 members**

**Charge: INR 200/-**

## **TIP TIP BARSA PAANI**

Monsoon has been the source of inspiration for poets and musicians since eons. When it rains, the love of the sky for Earth cascades down and refreshes it, washing away all the pain and negativity bringing new hope and positivity.

Indian music has a special place for monsoon ragas expressing emotions through Geet, Ghazal, Bhajans and Kajari.

**Jharna Vyas**, as her name signifies, is a stream of mellifluous and enchanting melody and music. Having various music degrees, scholarships, awards, scoring A+ in her music therapy exam and fluent in many languages, Jharna has performed in India and abroad. She is going to captivate us with her monsoon magic.

**For registrations, please call Pushpa Dadlani on 9769336347 on Tuesday 14th July or Thursday 16th July between 10 a.m to 12 p.m**

**Ranjana Mahadevia**

**Hemal Udani**



## Board Members 2022-2023

### **PRESIDENTS**

Sheena Kataria  
+91 9820284890  
sheena\_kataria@yahoo.com

Nalini (Kaya) Shewakramani  
+91 9821052927  
shewakramani@gmail.com

### **VICE PRESIDENTS**

Priya Mehta  
+91 9819131406  
priya.n.mehta@gmail.com

Marietta Barreto  
+91 9822004421  
mariettabarreto@hotmail.com

### **SECRETARIES**

Gayatri Bewoor  
+91 9819499938  
arun.bewoor@yahoo.com

Radhika Singhal  
+91 9820722336  
radhikasinghal5@gmail.com

### **TREASURERS**

Nisha Aggarwal  
+91 9920201675  
nisha3v@gmail.com

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

### **MEMBERSHIP TREASURERS**

Maya Merchant  
+91 9819296022  
mayamerchant@hotmail.com

Ana Panandiker  
+91 9820412594  
ana.d.panandiker@gmail.com



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