

indus
INTERNATIONAL



SEPTEMBER - 2021

TOGETHER WE CAN BUILD CASTLES
2021-2022

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

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INDUS INTERNATIONAL

NEWSLETTER SEPTEMBER 2021 MONTH AT A GLANCE

Friday	3 rd	Performing Arts [^]
Monday	6 th	Executive Meeting
Wednesday	8 th	Art@ [^]
Friday	10 th	History, Culture and Tours [^]
Tuesday	14 th	Handicrafts# [^]
Thursday	16 th	Book Discussion# [^]
Friday	17 th	Health & Ecology [^]
Tuesday	21 st	Philosophy & Religion [^]
Thursday	23 rd	Music [^]
Friday	24 th	Cooking [^]
Tuesday	28 th	Current Events [^]
Wednesday	29 th	Fellowship#

@ Change of date

Change of time

[^] Guests allowed

DESK OF THE PRESIDENTS

Through the years Indus members demonstrated spectacular resilience, as we always see the glass as half full. The Covid pandemic outbreak allowed us to demonstrate the special Indus spirit, as we find ways to meet and interact while supporting charitable causes. We are grateful to have new technologies to assist us to maintain the Indus true spirit of fellowship and friendship.

The introduction of new and innovative technologies can sometimes be overwhelming. However, during the monsoon season, the Indus Zoom meetings are a blessing as it assists us to avoid the stormy weather. Therefore, for next month we will increase the Indus zoom account to allow many members to join meetings without any stress.

Since we can't travel much these days, we would like to invite you to attend the September **Fellowship** that will take us for a surprise visit to an unknown destination (kindly check page 15 for your airline boarding pass). The Vice Presidents and their team are working hard to make this a fun and entertaining meeting and we are looking forward to seeing you on **September 29th, at 5 pm.**

We have formed a **Database Committee** comprising of Maya Merchant, Neena Patel, Minoti Jain, and Ferzana Khana who will compile and update the Indus database accordingly. This is also a good opportunity to thank **Neena Patel** an Indus long-standing member who for the past 13 years works behind the scenes to maintain the Indus database. During the years, Neena oversaw many projects, such as the operations of sending out the physical newsletter copies to all the Indus members and the publication of 3 Indus directories. We would also like to thank **Maya Merchant** for coming on board as a member of the Database Committee and assisting Membership Treasurers as she has done in the past few years. Thank you Neena and Maya for your continued support.

This month the chairladies have prepared some fantastic meetings that will give us the perfect getaway from the monsoon rains, and we are looking forward to sharing these precious moments with you all.

Radhika Kaji



Ravit Kedem

CHANGES IN DATABASE SEPTEMBER 2021

RESIGNATION

Pratima Morjaria M94

CHANGE IN STATUS

Pamela Chay, Membership Treasure (2020-2021) to non-resident
Thank you, Pamela, we greatly appreciate your support through the past two years.

From Active to Senior Member

Sandhya Tanna T27

BIRTHDAYS FOR SEPTEMBER

Pragna Patel	3 rd	Anupam Anand	17 th
Sushu Kamlani	9 th	Parnika Khanna	18 th
Fatma Jasdanwalla	10 th	Azmina Patanwala	18 th
Rekha Bhangar	13 th	Laila Karan	23 rd
Cherry Mehta	14 th	Sharmeen Maskati	24 th
Sapna Daryanani	16 th	Sandhya Tanna	25 th
Sucharita Hegde	16 th	Preeti Maria	29 th
Zia Mehta	16 th	Lyla Mehta	30 th

NOTICE BOARD

CONDOLENCES

Our deepest condolences to the family of Uma Rana, our Indus member who sadly passed away this month.

Our deepest condolences to Neena Patel upon the sad demise of her father in law.

EXECUTIVE MEETING

Monday 6th

11.00 am – 12.00 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 October meeting latest by 7th September 2021 to both:

Shivani Chadda

shivani_chadda@yahoo.co.in

Rachel Bhot

rachel.bhot@gmail.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 email given below.

skriegner@yahoo.com

Shivani Chadda

Rachel Bhot



PERFORMING ARTS

Friday 3rd

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

DIVYA SETH SHAH– Accomplished actress and Environmentalist

A dream debut with India's first TV soap *Hum Log* and spending her growing years immersed in theatre with renowned groups like TAG, Stagedoor, Masque, Primetime and Shakespeare Society at St Stephens; **Divya Seth Shah** knew that acting was her calling.

Movies like *Dil Dhadakne Do*, *English Vinglish* & *The Accidental Prime Minister* along with serials like *Daraar*, *Dekh Bhai Dekh*, *Banegi Apni Baat* & *The Married Woman* added to her acting accolades.

A passionate environmentalist and animal rights activist, she firmly believes that the Earth belongs to all species.

We look forward to a friendly, informal chat with accomplished actress.

Deepika Amin

Anahita Havaladar



ART

Wednesday 8th

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

BUILDING COMMUNITY SPACES THROUGH ART

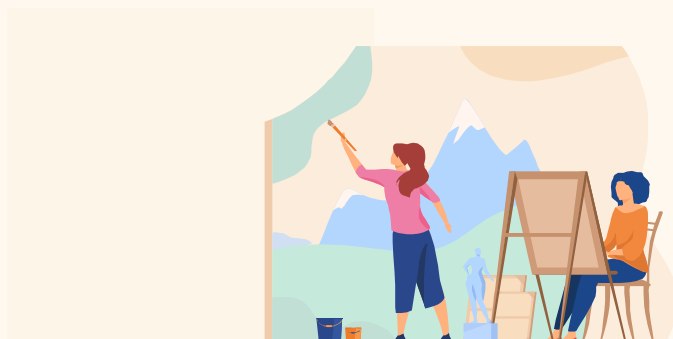
Hena Kapadia is founder and gallery director of TARQ, a contemporary art gallery in Mumbai. At TARQ, she is focused on exhibiting and engaging with art that is both process driven and thought provoking. A key interest of her practice is to maintain close relationships with both, artists and patrons, and to encourage thoughtful acquisitions of art.

A key mission of the gallery has always been to build a community, be it a community of students, collectors or even artists.

In this talk, Hena will talk about how she began building the community, which has kept TARQ going through the pandemic.

Jiloo Billimoria

Nicola Gerber



HISTORY, CULTURE & TOURS

Friday 10th

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

A VIRTUAL WALK THROUGH FRERE TOWN, BOMBAY

When the walls of Bombay Fort were pulled down in 1862, the Government envisaged the creation of a new town rising on the rubble of the old walls.

Along the areas of Esplanade came up one of the city's most impressive urban development projects. 'NEW TOWN' was to be an area of commerce, business, education, government and private residences on the plots that were carved out.

Dr Rashna Poncha will take us on a walk through the Bombay of the late 19th and early 20th century, brought by the forethought of the Governor Henry Bartle Frere- the New town or Frere Town as it was later known.

Soha Parekh

Priya Mehta



HANDICRAFTS

Tuesday 14th

4.00 pm – 5.00 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

IDENTIFYING QUALITY GEMSTONES

A brief introduction to the High Jewelry world of Gems and Jewels of Cartier, Bulgari, Boucheron, Tiffany and the other new brands. This talk is to create awareness among jewelry enthusiasts in how to acquire qualitative, unique and well-crafted works at the right price that become contemporary heirlooms.

Shalini Lunia, 'The Jewelry Specialist' is a consultant and a 9th generation jeweler from the Royal family of Multan established in Jaipur since 1730s. Her earliest memories are learning to count with rough gemstones, playing hide and seek behind the gunny bags of sparkling gems, to growing up between New York, Geneva, Bangkok and Jaipur, the Jewelry Capitals of the World.

Shalini majored in Economics, and has also studied design, then Fine Arts at Florence. She works as a High Jewelry Curator, Gemstone hunter and curates small expert led groups to Florence, Paris and Jaipur for Jewelry enthusiasts.

Ladies join us for what promises to be a wonderfully enlightening discussion on the world of gems!

Anita Gupta

Laila Karan



BOOK DISCUSSION

Thursday 16th

2.30 pm – 3.30 pm
(Please note the change in time)

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

Guests Welcome

LEGEND OF SUHELDEV: The King Who Saved India

Listed as one of the 50 most powerful Indians by India Today, selected as an Eisenhower Fellow, author, columnist and Diplomat (currently The Director of The Nehru Centre, London) **Amish** will chat with us today about his new book, Legend of Suheldev.

His earlier books, The Shiva Trilogy and the Ram Chandra series, were probably the fastest selling books in Indian publishing history. Amish worked for 14 years in the finance industry before turning to writing.

This talk had earlier been scheduled for July, but due to unforeseen circumstances it had to be postponed to September.

Book for October: Gone With the Vindaloo by Vikram Nair – published by Hachette and available online.

Prerna Kewalramani

Vidya Srinivas



HEALTH & ECOLOGY

Friday 17th

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

OUR HEARING.... MATTERS.

Hitesh Shah director OM Mednitronics, along with his audiologist team, will discuss the signs, symptoms and causes of hearing loss, as well as the importance of early identification and rehabilitation. He has experience of 27 years in the field of hearing aid fitting for difficult kinds of hearing loss.

Om Meditronics is also engaged in hearing diagnosis and cochlear implant spares. As in India hearing loss is ignored and not attended to until the hearing loss turns severe, he will underline the effects of hearing loss that not only affects the individual but also their immediate surroundings including family members and close environment in terms of interpersonal relationships, social, emotional aspect, and auditory deprivation which may lead to neurological conditions. Further, good ear care practices and how to prevent hearing loss and various solutions including recent advancement in hearing aids will also be discussed. The aim is to raise awareness and empower people to take early actions.

Varsha Alwani

Shabana Abdulkarim



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

ME, MYSELF & MY PERCEPTION

In conversation with **Karishmma Mmakhija**

Karishmma Mmakhija has had a versatile career of over 16 years in Media Marketing. She has taken a leap of faith and has ventured into the area of spirituality a couple of years ago.

Now a practicing Tarot and Angel Card reader for nearly 2 and a half years, Karishmma focuses on mentoring individuals on how to embrace all aspects of life, Black & White. She works with modalities inclusive of Reiki, Miracle Method, Decrees and Candle Magick.

Today Karishmma shall be enlightening us with insights on philosophy behind herself (personal) evolution and her idea of Karma.

Shalini Chuganee

Sabita Chuganee



MUSIC

Thursday 23rd

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

A JOURNEY FROM SWARA TO ISHWARA

For our meeting this morning we have **Ms.Kanchana Manyam**, a Carnatic Vocalist, who performs, teaches and runs an online page to promote Indian Classical music. She has curated programs for the Facebook page “Vaggeyakara Vaibhavam” which has a huge viewership.

Today Kanchana will present excerpts of the Carnatic music genre with a wide variety of ragas, compositions and composers. She will talk about the composer's inspiration and their approach to music as a source of practice and means for higher goals in life. Do Tradition and Freedom go together? She will sing a few pieces to convey her thoughts.

A scintillating morning awaits us. See you there.

Salome Roy Kapur

Marietta Barreto



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

MEET MALIKA THE BAKER!

Malika Debbie Khan, executive chef of Debbie's, started baking at the age of eight and has never looked back.

Her passion and culinary journeys through Parisian cafes and eateries around the world, shaped her career. After working at Michelin star restaurants like L'Escargot and The Orrery, Malika decided to start her very own kitchen here in Mumbai. And just like that, Malika, along with her best friend Mitu Sadrangani started Debbie's in April 2018.

This duo operates out of a kitchen on Altamount Road. From scrumptious cakes to healthy treats Debbie's kitchen has it all under one roof

Today Malika will walk us through some of her delicious recipes. Sharing along the way her little tricks in creating these delicious treats!!!

Recipes will be emailed the day before the meeting

Neelima Patel

Rachita Kapur



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

WAH TEA ESTATE AND LODGE: A Virtual Tour

Wah Tea Estate was established in 1857 when the British found the Kangra Valley Suitable for tea plantations. Today, Wah is the largest plantation in the Kangra valley spreading over 526 acres. The estate is pesticide and weedicide free and 50 acres of the plantation is organic. Wah manufactures orthodox Black, Green, White and flavoured teas.

Today **Upasana & Surya Prakash** will take us on a virtual journey of TEA - right from plucking the leaf, to brewing the perfect cup of tea. We will end the journey with a peek into The Lodge at Wah, where we will experience the beautiful region and life at a tea estate, which is a 100% eco-friendly, built completely with natural materials in the traditional Kangra style. This lodge boasts of hosting guests like Vidya Balan & family and Kareena & Saif Ali Khan.

Varsha Sheth

Avni Parikh



FELLOWSHIP

Wednesday 29th

5.00 pm – 6.00 pm

ZOOM meeting:

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



Please dress in Airport attire.

Shivani Chadda

Rachel Bhot



*"Be grateful for your life, every detail of it,
and your face will come to shine like a sun,
and everyone who sees it will be made glad and
peaceful.*

*Persist in gratitude, and you will slowly become one
with the Sun of Love,
and Love will shine through you its all-healing joy.*

*The path of gratitude is not for children;
it is path of tender heroes, of the heroes of tenderness
who, whatever happens,
keep burning on the altar of their hearts the flame of
adoration."*

By Rumi



Board Members 2021-2022

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