



2024-2025



Involve, Evolve

OCTOBER 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

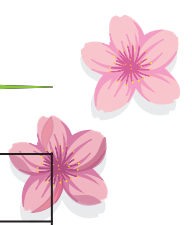
**Website:** [www.indusinternational.org](http://www.indusinternational.org)

**Email:** [membershipindus@gmail.com](mailto:membershipindus@gmail.com)

**Instagram:** [indusinternational Mumbai](#)  
Indus International




# October at a Glance



DATE	ACTIVITY	SPEAKER	VENUE
Friday 4th	History & Culture	Priyamvada Golcha & Shivani Jadeja	Zoom
Monday 7th	Executive Meeting		Zoom
Tuesday 8th	Art & Handicrafts	Mrinal Kapadia	Sonica Arya 1 Mohmedbhoy Mansion Above Crossword Bookshop Kemps Corner Cumballa Hill Mumbai 400036
Wednesday 9th	Current Events	Himmat Dhillon	Marietta Barreto Lalit Building, Flat 3, 2nd floor 37, Nathalal Parikh Marg Colaba, Mumbai 400001
Friday 11th	Performing Arts & Music	Fiona Rouse Gita Purandare	Sheena Kataria Shiv Shanti Building, 4th floor 146 Maharshi Karve Road Opposite Oval Maidan (11th building after Eros Theatre) Mumbai 400020
Tuesday 15th	Philosophy & Religion	Devika Shahani-Punjabi	Swati Jajodia Raheja Regale 15th floor, Opp Nepean House (Near Walsingham House School) Nepean Sea Road Mumbai 400006
Thursday 17th	Book Discussion	Vatsala Mendonca	Sejal Mody A5 Morena House ML Dhanukar Marg Opp MMC Bungalow Off Pedder Road Mumbai 400026
Friday 18th	Health & Ecology	Vikas V Gaikwad	Kam Kang Shanudeep Flat 501 10 Altamount Road Tardeo, Mumbai 400026
Friday 25th	Cooking Swapshop	Yahvi and Parthivi Mariwala	Mulla House 34, Homi Modi Street Opp. Central Bank Head Office Kala Ghoda, Fort Mumbai 400001





# From The Desk of The Presidents

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The Indus seniors have done us proud! **Annabel Mehta** launched her book and we had a wonderful and interesting book discussion meeting with her.

Next in line is **Jinx Akerkar** who has a documentary made on her life and I am sure our chair ladies will very soon have a meeting scheduled with her.

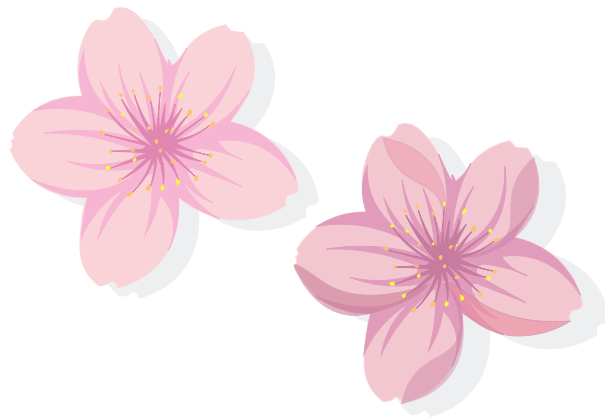
Also our members like **Geeta Purandare** and **Fiona Rouse** are going to perform on the piano and cello and **Anjali Mathur** will be the moderator for the book discussion this month.

A special mention about the Oktoberfest event - it ROCKED! The Vice Presidents did themselves proud and now we are eagerly waiting for the next event which is the QUIZ!

Hope to see you all at the event either as participants or in the audience.

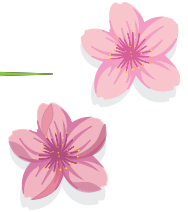
**Medha Chinai**

**Soledad Gramajo**



# Notice Board

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## Condolences

Our deepest condolences to the family of our member Lena Kara, on her sad demise.

Our deepest condolences to the family of our member Jean Moos, on her sad demise.

Our deepest condolences to Ravit Kedem on the passing of her father.

## 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.

## Membership

Indus will be opening membership this year. All those members who know ladies interested in becoming members are requested to give in their application letters with a covering letter from a member of Indus who will be their sponsor. The sponsor should be an active member for at least two years. Letters should be sent to Nicola Gerber ([nicola@fustionstudio.eu](mailto:nicola@fustionstudio.eu)) and Christina Mirani ([chris.mirani@gmail.com](mailto:chris.mirani@gmail.com)) by 30th November.

## Membership Committee 2024-2025

<b>Presidents</b>	Medha Chinai	Soledad Gramajo
<b>Past Presidents</b>	Tinu Shanghvi	Pervin Poonawalla
<b>Membership Treasurers</b>	Christina Mirani	Nicola Gerber
<b>Members</b>	Leena Vaid Ranjana Mahadevia	Jinx Akerkar





# Disbursement Appeal

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Dear Ladies,

We request you send your appeal for any NGO you recommend, along with a cover letter from the member who is in contact with the NGO. The last date for receiving the letters is 15th October, and letters should be handed over to the Presidents or Treasurers.

## **Disbursement Committee:**

### **Presidents**

Medha Chinai

Soledad Gramajo

### **Treasurers**

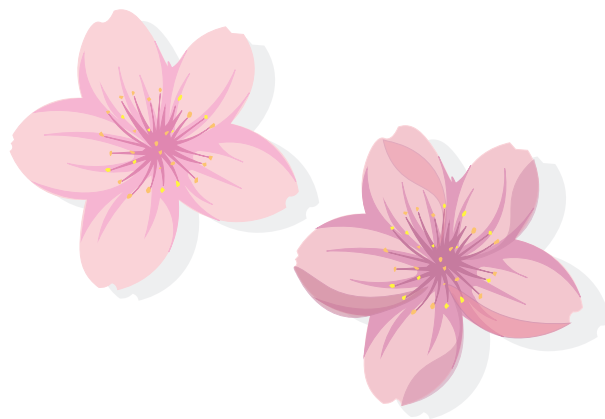
Amita Shah

Neeta Merchant

### **Members**

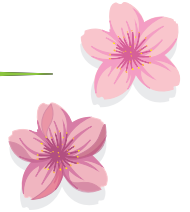
Hai Wei  
Sandhya Vora

Samina Khoraiwalla



# Notice Board

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## **Advisory Committee 2024-2025**

- Kamal Mulla
- Rachel Bhot
- Annu Toshniwal

## **AdHoc Committee 2024-2025**

- Saroj Prakash, Founder Member
- Christina Mirani
- Pervin Poonawalla
- Tinu Shanghvi
- Sunita Khandelwal
- Surbhi Tanna
- Shireen Desai
- Ravit Kedem
- Nicola Gerber
- Nazneen Dubash
- Dolat Kotwal
- Medha Chinai
- Dinoo Prakash
- Elinor Mirza
- Annabel Mehta
- Soledad Gramajo
- Maya Merchant
- Sucharita Hegde
- Kaya Shewaramani

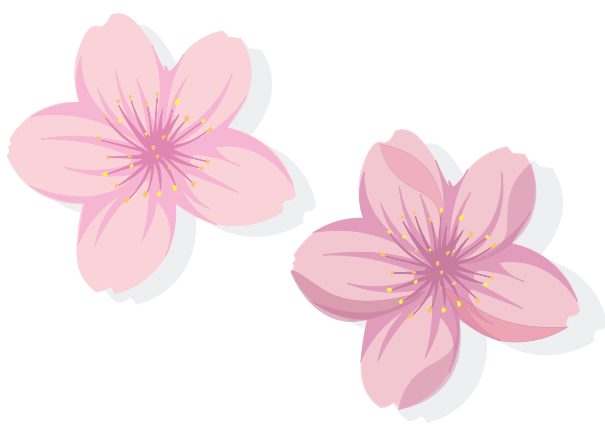




# Notice Board

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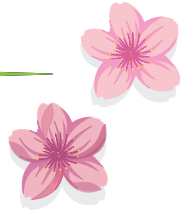
## Whom to Contact on the Board if...

- 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**
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# Notice Board

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## 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 only 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

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## 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)

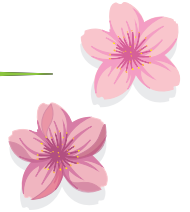
1. Please wear your badge at the meeting to make it easier to mingle.
2. If you can host a meeting at your home, please inform the Vice Presidents or any member of the Board.
3. Since wearing a mask is no longer mandatory, please be responsible and avoid attending a meeting if you are unwell.
4. **Only 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.**

# Save The Date – November 22

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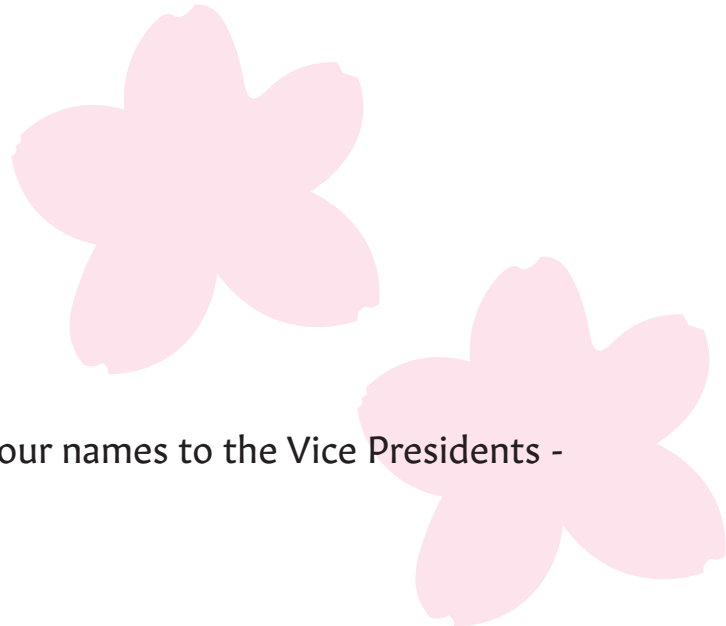
## FOOD FOR THOUGHT

Indus Quiz 2024 explores food and beverages, the delight of the palate! We invite our gourmet chefs, food connoisseurs and wine buffs to join us on a gastronomical journey of learning! Researching and collating facts for this quiz was a totally enjoyable experience and we hope you will share our excitement, as we invite you to the High Table!

Please step forward and join us for this battle of wits!

Brainstormed by :

- Usha Jayaram
- Maya Merchant
- Minoti Jain
- Devyani Jayaker



To participate, please send your names to the Vice Presidents -

Anu Kedia: 98210 44588

Juliana Ballard: 91520 05183







**JINX**, Directed by indie filmmaker Mansha Totia, from Mumbai

The short movie is about a WW2 veteran named Jinx Akerkar. The film emphasizes how fragile life can be and speaks of trusting one's intuition. More than that, it is a heartfelt dedication to Jinx, the people who lost their lives during the war, and anyone who still suffers because of it.

**CONGRATULATIONS**



to our precious JINX from your indus family. We can't wait to watch your Award Winning film



❤️ 💬 42 📌

👤 Liked by avantikaakerkar and others  
mansha\_ WE WON!!!! My film 'JINX' is an official winner at the incredible @reply\_challenges ReplyAIFilmFestival ! I'm so grateful 🥹❤️🌟🏆!!! A MASSIVE THANKYOU to everyone involved in making this happen! Congrats to my fellow nominee's - I'm also so lucky to have met all the amazing people I met yesterday who made this experience even more incredible !! 🥰



# Database Changes for October 2024

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## NEW MEMBER

**Irma van Helden**

**V36**

**Netherlands**

Indiabulls Sky

Apartment 1802

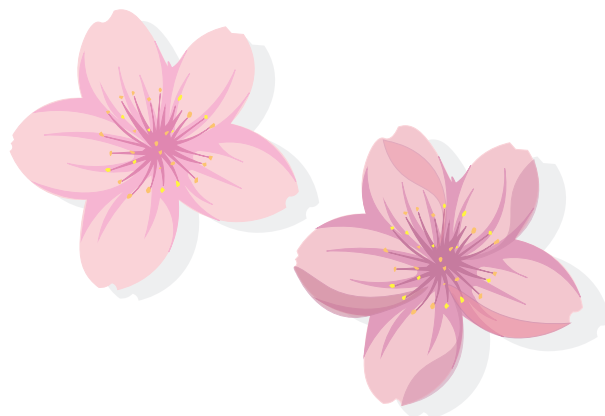
Senapati Bapat Marg

Saidham Nagar

Parel, Mumbai 400013

Mobile: 86578 85315

Email: [irmavanheldenvandijk@gmail.com](mailto:irmavanheldenvandijk@gmail.com)



# History & Culture

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**Friday 4th October**

**11:00 am – 12:15 pm**

**Please note change in date.**

**Zoom Meeting**

**The link will be posted on WhatsApp and emailed prior to the meeting.**

## **A REVEAL OF JAIPUR'S BEST KEPT CULTURAL SECRET**

The brain child of two young ladies from Jaipur, both of whose families have been there for generations. **Priyamvada Golcha** is from an illustrious family who have interests in various business streams. **Shivani Jadeja**, a descendant of the Rajput clans that ruled the region, has 15 years of experience in the art world. They have come together in a perfect blend of technical knowledge and artistic creativity to this new venture. Araish Jaipur was born from this amalgamation.

Araish has been used in the interior and exterior walls of many buildings in Rajasthan. Palaces, forts, temples, and havelis have all been layered with this for its functionality of keeping old structures cool as well as its aesthetic value. Their attempt with Araish Jaipur is to bring to you this ancient technique in a modern and functional form. We have developed a range of beautiful objects and interior solutions that allow you to take a slice of the history of Jaipur back to your homes to enjoy for years to come.

**Varsha Sethi**

**Vinay Kumari Chopra**





# Executive Meeting

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**Monday 7th October**

**11:00 am – 12:00 pm**

**Zoom Meeting**

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

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

Anu Kedia - [anukedia63@gmail.com](mailto:anukedia63@gmail.com)

Juliana Ballard – [diplomatsballard@yahoo.com](mailto:diplomatsballard@yahoo.com)

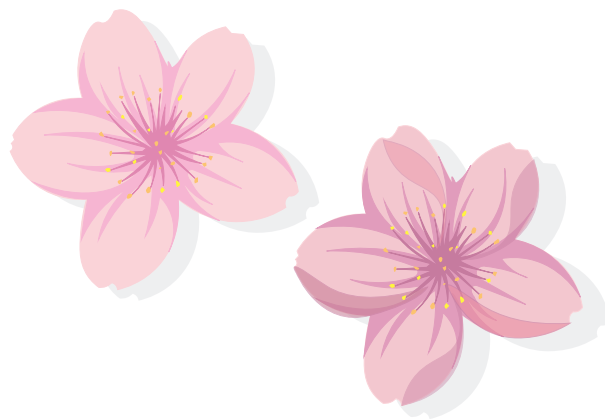
Please send in Times New Roman font, size 12 pt, so it's easier to insert into the newsletter. We also request chairladies to follow the format in the Ready Reckoner. We do not require a hard copy of the blurb.

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

[chris.mirani@gmail.com](mailto:chris.mirani@gmail.com)  
[nicola@fusionstudio.eu](mailto:nicola@fusionstudio.eu)

**Anu Kedia**

**Juliana Ballard**





# Art & Handicrafts

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**Tuesday 8th October**

**11:00 am – 12:15 pm**

**Residence of:**

**Sonica Arya**

1 Mohmedbhoy Mansion  
Above Crossword Bookshop  
Kemps Corner  
Cumballa Hill  
Mumbai 400036

Limit: 30 members

## **HOW BOMBAY WAS: A STORY TOLD THROUGH VISUAL ART ARCHIVES**

Experience the transformation of Bombay from seven small islands into the thriving metropolis it is today. In this captivating journey, you'll explore Bombay's humble beginnings—salt pans, rice fields, and coconut groves—through stunning visuals like maps, lithographs, watercolours, and oil paintings. Join **Mrinal Kapadia**, Founder of the India Visual Art Archive, as he guides you through the city's evolution, from a minor trading outpost to a bustling urban center.

Mrinal Kapadia, initially an Industrial Engineer, cultivated a strong passion for History and Archaeology while at the University of Michigan. After working briefly as a Business Management Consultant, he founded the India Visual Art Archive in 2020, focusing on colonial art from the erstwhile Bombay Presidency and linking visuals through history.

Register with **Anuradha Pittie** (WhatsApp name and membership number only) at 98214 21819 on **Saturday 5th October from 2 pm - 4 pm.**

**Nanda Madhavji**

**Kristin Mehta**







# Current Events

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**Wednesday 9th October**

**11:00 am – 12:15 pm**

**Please note change in date.**

**Residence of:**

**Marietta Barreto**

Lalit Building  
Flat 3, 2nd floor  
37, Nathalal Parikh Marg  
Colaba, Mumbai 400 001

**NB: Only street parking**

Limit: 30 members

## **ANALOG IN A DIGITAL WORLD?**

Are boarding schools a relic of the past or do they still have an instrumental role in moulding citizens and leaders of the future? Imbued with a legacy of 177 years, The Lawrence School, Sanawar is amongst India's oldest boarding schools and is the oldest co-educational boarding school in India, if not the world. Founded in 1847 for the children of martyred British soldiers, Sanawar has evolved into a leading public school that has produced leaders in business, media, sports, art, entertainment, public service and politics.

The school sits in splendid isolation in the Himalayan foothills where students participate in physical activity, strive for academic excellence and shape their personalities through extracurricular activities influenced by a military heritage and a culture of service.

However, in times disrupted by technological, economic and social change do these traditional values in fact limit students from realising their full potential? Or are the benefits all-round development, discipline, integrity, fortitude and lifelong camaraderie built on the bedrock of shared experiences the precise prescription needed to thrive in a changing world?

Mr. **Himmat Dhillon**, the headmaster and alumnus of The Lawrence School, is uniquely placed to talk to us about the challenges of combining tradition with modernity, of advancing human ambitions while preserving humane values. Mr. Dhillon's career has taken him from the Doon School to Jakarta, the UAE and now Sanawar. He is a consummate educationalist with decades of experience and a worldview that encompasses modern and traditional day and boarding schools in India and abroad.

Register with **Geeta Bubber** only via whatsapp at 98201 50864 on **Friday, Oct 4th** from **10 am to 5 pm.**

**Neelam Narayan**

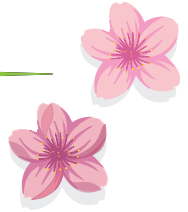
**Barbara Halusa**  
**Soledad Gramajo**

# Performing Arts & Music

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**Friday 11th October**

**11:00 am – 12:15 pm**



**Please note change in date.**

**Residence of:**

**Sheena Kataria**

Shiv Shanti Bldg., 4th floor  
146 Maharshi Karve Road  
Opposite Oval Maidan  
(11th building after Eros Theatre)  
Mumbai 400020

## **RESONANCE OF THE STRINGS**

A morning of Western Classical Music by our very own Indus musicians!  
**Fiona Rouse** and **Gita Purandare** will be performing classical works together on the cello and piano.

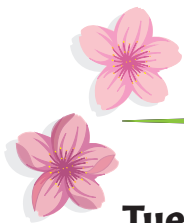
Fiona Rouse obtained her Performance Degree from the Royal College of Music, London. Alongside teaching the cello for many years, Fiona has performed both professionally and non-professionally for orchestras, string ensembles and rock bands, including The Eagles and Bob Dylan. Fiona has been in Mumbai for nearly 18 months and plays with the Bombay Chamber Orchestra and is a part of our INDUS choir.

Gita Purandare did her piano diplomas from the London College of Music and Trinity College and has been teaching for the last 30 years. She has been the Conductor of the INDUS choir for the past 20 years. She is also very interested in the Hindustani Classical genre.

**Gita Purandare**  
**Sheena Kataria**

**Ferzana Khanna**  
**Gülçin Körpe**





# Philosophy & Religion

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**Tuesday, 15th October**

**11:00 am - 12:15 pm**

**Residence of:**

**Swati Jajodia**

Raheja Regale

15th floor

Opp Nepean House

(Near Walsingham House School)

Nepean Sea Road

Mumbai 400006

Guests welcome

## **THE PHILOSOPHY OF HAPPINESS**

Our Speaker - **Devika Shahani-Punjabi** - has been an actor and then a producer, and has worked in this field for over 30 years. As a young artist, feeling tossed from one challenge to another, she encountered a life-changing philosophy that redirected the course of her life.

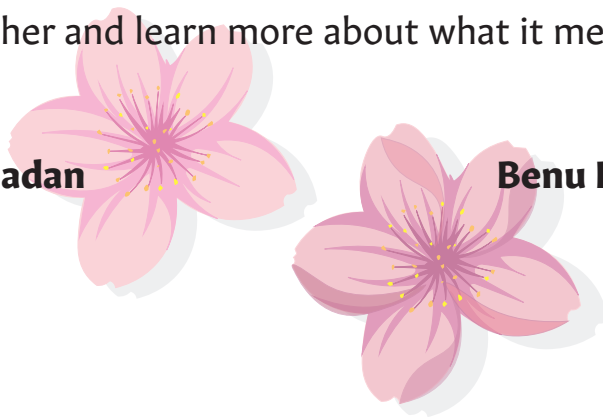
The Soka Gakkai – an organisation dedicated to realising the happiness of each individual and the late President Dr Daisaku Ikeda, created a new sense of awareness and purpose in her life. With this new redirection. Devika began to produce creative content and now has three major productions under her belt under the banner of her company The Dragon Rose Project.

Happiness of both herself and the people she came into contact with has become her driving force and she attributes it to none other than finding a mentor in life who has taught her to live a life of value.

Let's come together and learn more about what it means to be truly happy!

**Dr. Jeannie J. Madan**

**Benu Parkash**



# Book Discussion



**Thursday 17th October**

**11:00 am - 12:15 pm**

**Residence of:**

**Sejal Mody**

A5 Morena House  
ML Dhanukar Marg  
Opp MMC Bungalow  
Off Pedder Road  
Mumbai 400026

(Note – 2 steps to enter the foyer.  
Limited parking available)

Guests Welcome

## **WHEN GOD DIED BY VATSALA MENDONCA IN CONVERSATION WITH ANJALI MATHUR (Indus member)**

When God Died is a provocative title for a book and is set in colonial Goa when the Inquisition was at its height. **Vatsala Mendonca** transports you immediately from the first paragraph on to those awful colonial times of flux, slaves, conversions, religious zealotry, avarice, opportunism, greed, lust and all the other deadly sins that we commit in the name of God.

It follows the story of three women – Maria, a Portuguese Christian; Radha, a Goan Hindu; and Noor, a Mulatto Muslim. Each of them fights the dictates of fundamentalism, colonialism and chauvinism. Together they get justice but it comes at a high price.

Exploring race and religion, love and loyalty, identity and survival, When God Died asks the reader to reconsider what it means to win in the name of Goa.

Having a knowledgeable person like **Anjali Mathur**, our very own Indus member, guiding the conversation will only make it more engaging and interesting for all present.

The book is available in bookstores and on Amazon.

About the Author: Vatsala is an editor, journalist, scriptwriter and author who has written “Shadow of the Palm Tree” – a historical novel also set in Goa.

**Ayesha Soonawalla**

**Farah Raina**

Book for November- “A FULL LIFE” - by Sabira Merchant with Mitali Parekh.



# Health & Ecology

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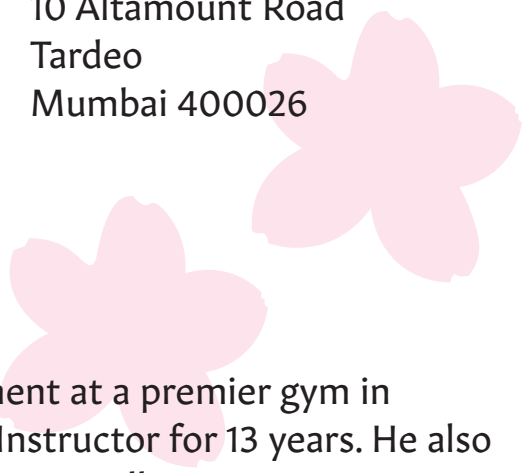
**Friday 18th October**

**11:00 am – 12:15 pm**

**Residence of:**

**Kam Kang**

Shanudeep Flat 501  
10 Altamont Road  
Tardeo  
Mumbai 400026



Limit: 30 members

## **SOUND HEALING**

**Vikas V Gaikwad**, head of the yoga department at a premier gym in Kemps Corner, has been a Yoga Therapist & Instructor for 13 years. He also organizes personalized & group yoga sessions, as well as corporate yoga & workshops for prestigious institutions.

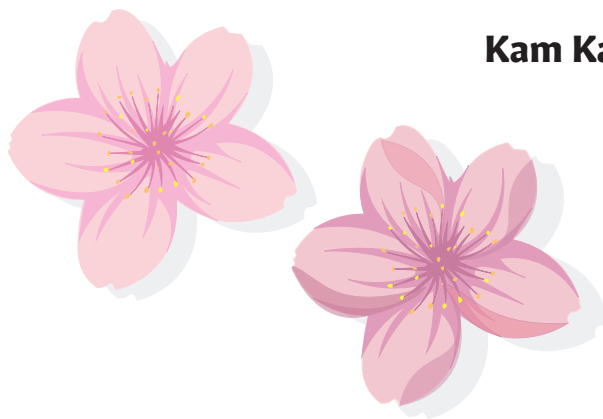
Sound Healing therapy uses aspects of Sound vibrations/frequencies to improve physical and emotional health and wellbeing. Healing with music helps boost morale, allows people to work faster and more productivity, and even wards off lethargy, boosting energy and promoting emotional stability with chanting Sanskrit syllables.

Please bring a yoga mat, eye mask and cardigan in case you feel cold with the AC on.

Register with **Fiona Rouse** on WhatsApp 98929 69839, on **Wednesday 16th October 11am- 3pm.**

**Pragati Gupta**

**Kam Kang**



# Cooking Swapshop

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**Friday 25th October**

**11:00 am – 12:15 pm**

**Venue:**

**Mulla House**

34, Homi Modi Street  
Opp. Central Bank Head Office  
Kala Ghoda, Fort  
Mumbai 400001

Limit: 25 members

## **SAVORING THE PERFECT BREW**

The visionaries behind Nandan Coffee were Hansraj and Hansa Mariwala. They developed Nandan with one goal, to enjoy an exceptional cup of coffee with friends while protecting the environment. They first introduced three blends, Royale, Gold and L'Imore which was developed in partnership with coffee connoisseur Sunalini Menon. Shyam and Farida Mariwalla expanded the Nandan collection which grew from 3 original blends to a range of 7 versatile coffees to suit the palate of every coffee connoisseur.

Today, Nandan Coffee is run by **Yahvi and Parthivi Mariwala** who endeavor to bring organic, cruelty free, high quality Indian coffee to the forefront of the global coffee market.

Register with **Ila Kaji** at 98210 36407 on **Monday 21st October** from **10 am to 1 pm**.

**Amita Sheth**

**Priya Mehta**







# Executive Committee 2024-2025

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## **Art & Handicrafts**

**Nanda Madhavji**

+ 91 98194 98822

nanda.madhavji@hotmail.com

## **Book Discussion**

**Farah Raina**

+91 98204 50806

farahraina76@gmail.com

## **Current Events**

**Neelam Narayan**

+91 98202 87877

neelamnarayan@gmail.com

## **Cooking Swapshop**

**Amita Sheth**

+91 98200 31532

amitasheth2002@yahoo.com

## **History, Culture & Tours**

**Varsha Sethi**

+91 93237 81942

vsethi1000@gmail.com

## **Health & Ecology**

**Pragati Gupta**

+91 98201 29700

297pragati@gmail.com

## **Philosophy & Religion**

**Jeannie Madan**

+91 98201 80997

jjmadan@gmail.com

## **Music**

**Gita Purandare**

+91 98201 86374

gitapurandare@gmail.com

## **Performing Arts**

**Sheena Kataria**

+91 98202 84890

sheena\_kataria@yahoo.com

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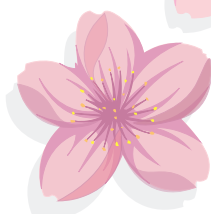
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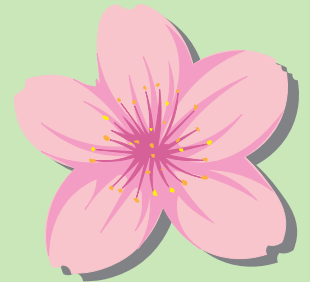
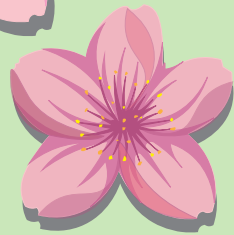
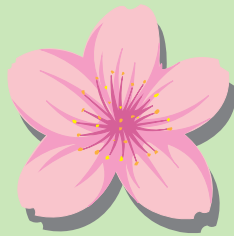
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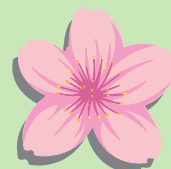
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