



indus  
INTERNATIONAL

2022-2023



**PATIENCE & PERSEVERANCE**

**OCTOBER 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 OCTOBER 2022 MONTH AT A GLANCE

Monday	3 <sup>rd</sup>	Executive Meeting
Friday	7 <sup>th</sup>	Performing Arts
Monday	10 <sup>th</sup>	History Culture and Tours  
Tuesday	11 <sup>th</sup>	Handicraft 
Wednesday	12 <sup>th</sup>	Cooking Swapshop  
Friday	14 <sup>th</sup>	Diwali Lunch
Monday	17 <sup>th</sup>	Art 
Tuesday	18 <sup>th</sup>	Philosophy and Religion 
Wednesday	19 <sup>th</sup>	Indus Quiz
Thursday	20 <sup>th</sup>	Book Discussion & Music

Change of date: 

Change of time: 

Guests allowed: 

# DESK OF THE PRESIDENTS

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We are already in October happily attending meetings in person and enjoying catching up with our Indus friends.

Thanks to each and every member who helped and attended the Navratri festival Fellowship morning making it a very memorable event; as without you it would have been a wasted effort.

A sincere thanks to the Vice Presidents and Music Chairladies, the talented Indus dancers, who worked tirelessly and put up a spectacular show. A special thanks to those who contributed to the khana-peena too; sincerely the joy of the morning leaves us wanting more such events !

The trippers left for the wonderful trip to Kashmir, wishing them safe travels and many fun sights and sounds which we look forward to hearing about at our History Culture meeting!

We had wonderful meetings in August & September; a chance to meet personalities such as Alisha Chinai, Birwa Querishi, listening & learning from their life experiences.

Indus is about culture, charity, learning and growing along with friendship and much more. Week after week our Chairladies put themselves out to reach out to their contacts, getting us well known, talented speakers and performers to drive our meetings to full house status.

Kudos and pat on the back to the Chairladies.

Our sincere request to you all to share our Festival of Charities online platform links (DETAILS given on NOTICE BOARD) for promoting our partner NGOs and their products. Please do help us spread the word.

We look forward to sharing many meetings, and special evenings with you in the coming months as our calendar of events is getting filled in.

Let the celebrations begin !

We wish you all safe and joyful festivities in the coming season.

**Sheena Kataria**

**Nalini Shewakramani**

# NOTICE BOARD

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## CONDOLENCES

Our deepest condolences to our member Veena Vaid on the sad demise of her husband.

Our deepest condolences to Leena Vaid on the sad demise of her father in law.

Our deepest condolences to Prerna Kewalramani on the sad demise of her father.

## QUIZ

If you are a movie buff and would like to self assess, please do give your name for the upcoming Holly -Bolly quiz.

Contact :

Radhika Singhal - 98207 22336

Helen Craggs - 96193 93705

Maya Merchant - 98192 96022

## WELFARE

### SHRADDHANAND MAHILA ASHRAM

We propose to purchase tricycles and bicycles for the girls at the Ashram along with sporting equipment and board games. If you would like to donate towards this cause, please contact Sheena or Kaya.

## FESTIVAL OF CHARITIES

Indus has always been committed to the welfare of our society.

Our endeavor for the online platform on our Instagram page needs your attention. Let's capitalize on the upcoming festive gifting season all the way till the New year by shopping for beautiful handcrafted products; by doing so you are supporting several causes and bettering the lives of lesser privileged communities.

All it takes is to follow the Festival of charities on Instagram.

The welfare team's efforts continue to keep our Instagram page alive so do follow it and spread the word.

Website: <https://www.indusinternational.org/festivalofcharities>

Instagram; <https://instagram.com/festivalofcharities>

# BIRTHDAYS FOR SEPTEMBER

## Birthdays for October

Wishing all our members Best Wishes on their special day

BIRTHDAYS OCTOBER 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Pimmi Seth Rina Kapadia Varsha Mehta
2 Prerna Kewalramani	3	4 Almas Manekia	5	6	7 Helen Craggs	8 Ritu Desai
9	10	11 Janna Advani Namrata Singhania	12 Anjali Mathur Binaifer Hilloo	13	14 Neha Manekia Sangeeta Katariya Sunita Sidhwa	15 Mona Mahadevia
16 Vandana Kanoria	17 Pami Aswani	18 Vinita Chandra	19	20 Anahita Havaldar	21	22 Khadija Manekia
23	24	25 Jeannie Madan	26 Anju Kanodia Rita Pinto	27 Dipika Shroff	28	29
30 Rani Tarneja	31 Tinu Sanghvi					

“Feliz cumpleaños” (Spanish)

### 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



## Indus Diwali Party

Oct.14th.

11am - 2pm

At Thackers, Chowpatty

“Friends become our  
chosen family!”



Celebrating an afternoon  
together with chances to win  
lucky prizes, laughter with  
Anuradha Menon, and a  
delicious traditional lunch!

Kaya & Sheena



# EXECUTIVE MEETING

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Monday 3<sup>rd</sup> October

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 November meeting latest by 10th November 2022 to both:

Priya Mehta  
Marietta Barreto

[priya.n.mehta@gmail.com](mailto:priya.n.mehta@gmail.com)  
[mariettabarreto@hotmail.com](mailto:mariettabarreto@hotmail.com)

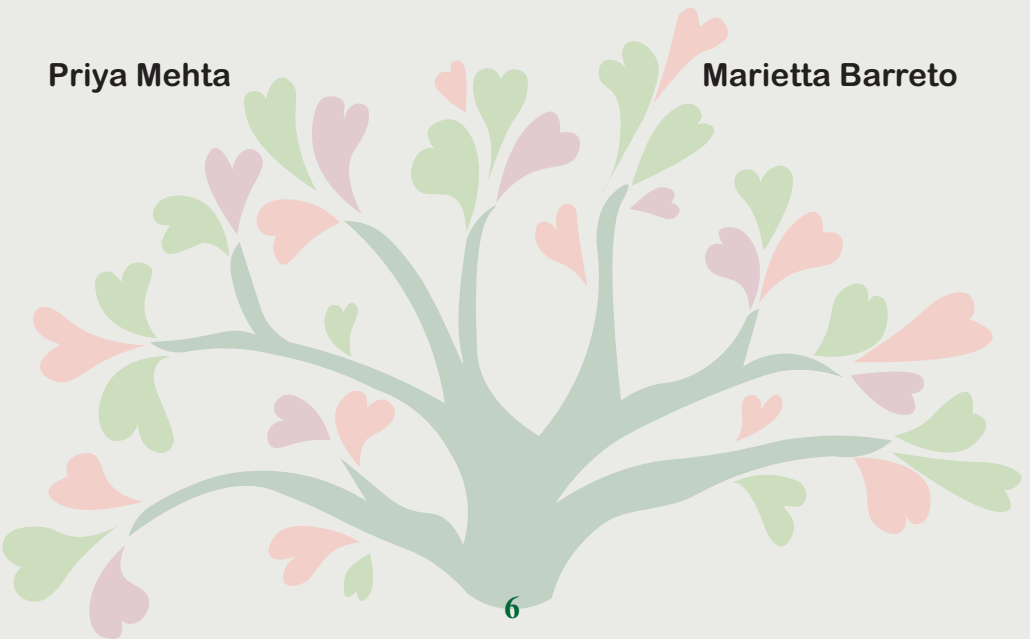
We do not require a hard copy of the blurb.

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](mailto:mayamerchant@hotmail.com)  
[ana.d.panandiker@gmail.com](mailto:ana.d.panandiker@gmail.com)

Priya Mehta

Marietta Barreto





# PERFORMING ARTS

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Friday 7<sup>th</sup> October

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

In-person meeting:

Residence of:

**Indira Kilachand  
Kilachand House,  
95, Napean Sea Road,  
Mumbai 400006.**

Bollywood Dance Morning

In this festive month of Diwali, let us have some fun with Bollywood foot-tapping numbers.

Today we have **Viren Mohanty**, who has been choreographing for schools colleges and arranging corporate events for some top business houses since 2012. Along with Ila Dalal he has organised multiple musical events on different platforms. Today Viren, along with his partner will give us a peak into some well choreographed Bollywood numbers.

Viren makes dancing so easy, that soon we Indus ladies will be ready to tap our feet and sway to some fun music.

So Ladies, put on your dancing shoes and learn some subtle moves for your favorite Bollywood song from Viren.

**Gopi Vaid**

**Neeru Mehra**

# HISTORY, CULTURE & TOURS

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**Monday, 10<sup>th</sup> October**

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

**(Please note change of date and time)**

**In Person Meeting**

**Residence of:**

**Varsha Sheth  
The Imperial (North Tower),  
Flat # 2605,  
Tardeo,  
Mumbai 400034.**

There is a lift at the premises.

Limit: 30 Members.

Our very own Indus troopers will have just been back from their exhilarating Kashmir trip. Come and listen to their first hand experience of this picturesque part of India.

We, the ones who could not make it, will get to see the beauty through their eyes and tales!

**Varsha Sheth**

**Sheetal Patel**

# HANDICRAFTS

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Tuesday 11<sup>th</sup> October 11:15 a.m – 12:15 p.m

In-person meeting

Venue: Camelot  
127 August Kranti Road,  
Next to Om Chambers,  
Kemps Corner,  
Malabar Hill,  
Mumbai - 400026.  
(Camelot is located in a bungalow  
with step-only access)

Guests welcome

## Restoring Rare Furniture

Over the past twenty-five years, Camelot has built a treasure trove of original Colonial and Art Deco furniture, sourced from the nation's heartland and some of its most remote estates. After unearthing these unique and timeless pieces, Camelot's craftsmen restore them to their former glory to retell their vivid histories, offering generations to come a chance to be part of their stories.

Camelot adheres to a meticulous restoration process working with second and third generation craftsman whilst remaining committed to a high standard of environmental responsibility, using only reclaimed and recycled wood to restore furniture. Ameera Shah founded Camelot in 1993 and will welcome us into the beautiful bungalow it's housed in. Ameera will share with us how she transformed her passion for Colonial and Art Deco furniture into a business and how she works with master craftsmen to bring India's design legacy to the contemporary landscape.

Shabana Abdulkarim

Helen Craggs



# ART

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Monday 17<sup>th</sup> October

11:00 a.m – 12:15 p.m

(Please note change of date)

In Person Meeting:

Gallery Art & Soul  
1, Madhuli Building  
Dr Annie Basant Road  
Shiv Sagar Estate  
Opp Atria Mall  
Mumbai 400 018

## WATERCOLORS BY SUBHASH AWCHAT

Artist **Subhash Awchat** presents a series of watercolours that were conceived during the lockdown as tableaux of imaginaries of fantasmical escape. The works form a repertoire of the master figurative painter's practice, allowing us to see them in retrospective.

Born in 1950 Awchat's works are drawn from nature , myth and social commentary of Maharashtra. As an observer and commentator in visuality he is one of Bombay's senior painters who comes with an exhibition dedicated to the city and its resilience as an augury of hope.

Sumesh Sharma will take you through their interesting Jade journey.

**Rashna Doongaji**

**Kanchan Khubchandani**

# PHILOSOPHY AND RELIGION

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Tuesday 18<sup>th</sup> October

11:15 a.m – 12:30 p.m

Zoom meeting:

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

Guests welcome

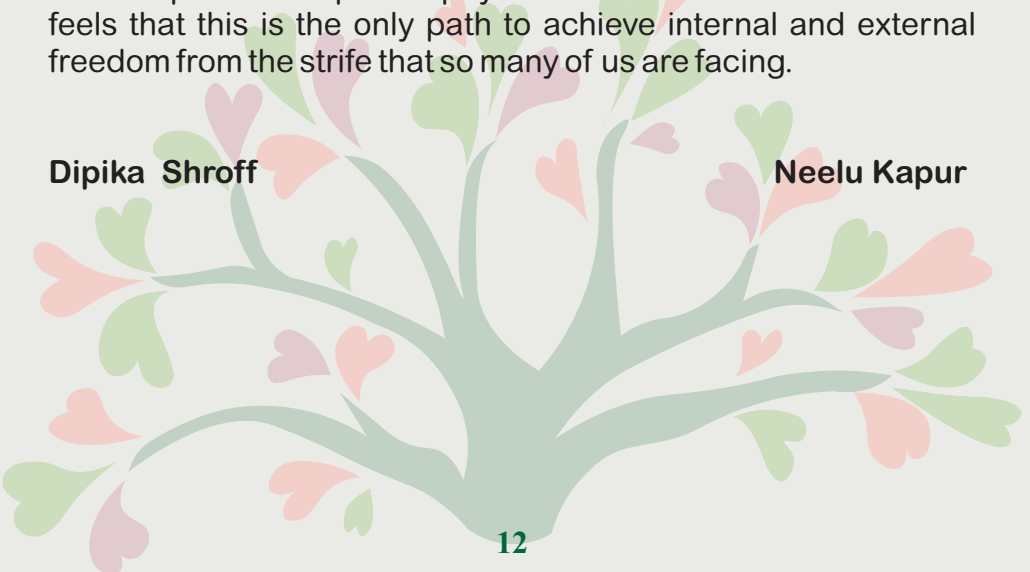
## “THE POWER OF LOVE”

Love is the healing force that makes this world worth living yet it could also be deemed a source of most suffering. Dr. Poonam Bagga will share her thoughts on the expansion and flow of energy that comes with true love, and explore what it means to love unconditionally and how we can cultivate this attitude.

**Dr. Poonam Bagga** is a retired eye surgeon from the UK. Besides being a surgeon, she has also been a Life Potential and Career Coach with Health Education England. She is a fully qualified Mindfulness Based Stress Reduction teacher, having trained for this with the University of Massachusetts. Poonam's practices are steeped in the philosophy of unconventional love and she feels that this is the only path to achieve internal and external freedom from the strife that so many of us are facing.

**Dipika Shroff**

**Neelu Kapur**



# INDUS QUIZ

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Wednesday 19<sup>th</sup> October 11:00 a.m -12:30 p.m.

In-Person Meeting

Venue

DSB Business Center  
Raheja Chambers  
Bldg no. 213, 2<sup>nd</sup> floor,  
Free Press Journal Marg  
Nariman Point  
Mumbai 400021

THE INDUS QUIZ 2022 - Bollywood-Hollywood

Fun and frolic, laughter and fizz!  
It's that time of year for the INDUS Quiz!

We promise an amusing and painless contest  
Provided, of course that you give of your best!

Good sport, fun and laughter we will guarant-ee  
And the questions? You'll answer without difficult-ee!

We all love the movies with their glamour and glitz  
And "Bollywood-Hollywood" is your ticket to showbiz!

To participate in the Quiz please call **Priya Mehta** on  
**9819131406** or **Marietta Barreto** on **9822004421**.

All others, please do come in large numbers.

**Priya Mehta**

**Marietta Barreto**

# BOOK DISCUSSION AND MUSIC

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Thursday 20<sup>th</sup> October

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

## In-Person Meeting

Residence of:

Rashmi Mehra  
132-B Urvashi  
Near Petit Hall,  
66 Napeansea Road,  
Mumbai 400006

## HARIPRASAD CHAURASIA: BREATH OF GOLD BY SATHYA SARAN

**Sathya Saran** is a woman of substance and a leading journalist, best known for her long association with Femina for over 12 years.

An activist with a purpose, she has been at the forefront of women's empowerment. She is also known for her love of theatre and of protecting the environment.

She has authored many novels like "The Dark Side" and "From Me to You" and biographies on legends like Guru Dutt, Jagjit Singh, S D Burman; her latest being "Hariprasad Chaurasia: Breath of Gold". Sathya Saran will take us on her journey through this collection of short stories filled with intrigue and romance interspersed with mesmerizing music performed by students of Chaurasia's Gurukool in Mumbai.

Ranjana Mahadevia  
Lubaina Soares

Hemal Udani  
Sharmeen Maskati

Book for November: Atal Bihari Vajpayee: India's Most Loved Prime Minister by Sagarika Ghosh (Author-led meeting)



## Board Members 2022-2023

### **PRESIDENTS**

Sheena Kataria  
+91 9820284890  
[sheena\\_kataria@yahoo.com](mailto:sheena_kataria@yahoo.com)

Nalini (Kaya) Shewakramani  
+91 9821052927  
[shewakramani@gmail.com](mailto:shewakramani@gmail.com)

### **VICE PRESIDENTS**

Priya Mehta  
+91 9819131406  
[priya.n.mehta@gmail.com](mailto:priya.n.mehta@gmail.com)

Marietta Barreto  
+91 9822004421  
[mariettabarreto@hotmail.com](mailto:mariettabarreto@hotmail.com)

### **SECRETARIES**

Usha Jayaram  
+91 9820191208  
[menonuj@gmail.com](mailto:menonuj@gmail.com)

Radhika Singhal  
+91 9820722336  
[radhikasinghal5@gmail.com](mailto:radhikasinghal5@gmail.com)

### **TREASURERS**

Nisha Aggarwal  
+91 9920201675  
[nisha3v@gmail.com](mailto:nisha3v@gmail.com)

Amisha Himatsingka  
+91 9322258617  
[amisha@miura.co.in](mailto:amisha@miura.co.in)

### **MEMBERSHIP TREASURERS**

Maya Merchant  
+91 9819296022  
[mayamerchant@hotmail.com](mailto:mayamerchant@hotmail.com)

Ana Panandiker  
+91 9820412594  
[ana.d.panandiker@gmail.com](mailto:ana.d.panandiker@gmail.com)



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