



# FINDING COMMON GROUND

JANUARY 2026



## **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:**

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

**Instagram:** @indusinternationalmumbai

# January at a Glance

DATE	ACTIVITY	SPEAKER	VENUE
Friday 9th	History and Culture	Shalini Chuganee	Anjali Mariwala Raheja Anchorage Ground floor Hall Samandar Point, Worli Mumbai 400018
Monday 12th	Philosophy and Religion	Leena Gupta	Pervin Poonawala 1405, The Imperial, 14th floor North Tower, Tardeo Road Near Mahendre Tower & Imperial Edge Mumbai 400034
Tuesday 13th	Executive Meeting		Ranjana Mahadevia Sea Face Park 50, Bhulabhai Desai Marg E11, 5th Floor, Opp Benzer Breach Candy, Mumbai 400026
Thursday 15th	Art & Handicrafts	Aarohi Chatterji	Zoom Meeting
Friday 16th	Health and Ecology	Janjri Jasani	Mikki Hariani Row House No.3, Grand Paradi August Kranti Marg Mumbai 400036 Behind Shalimar Hotel
Monday 19th	Book Discussion	Gopika Kapoor	Nisha Mehta 2301/2303, Vivarea Tower A, Sane Guruji Marg Jacob Circle, Saat Rasta Mumbai 400011
Tuesday 20th	Music	Nisschal Zaveri	Sasha Zaveri 5th Floor, West More Building 2 69 Sir Pochkhanwala Rd. Worli Seaface Mumbai 400030
Thursday 22nd	Annual Picnic	Nafisa and Samina Khorakiwala	Alibaug
Wednesday 28th	Current Events	Smiti Kanodia	Amisha Himatsingka 41 Somerset House Bhulabhai Desai Road Mumbai 400026
Thursday 29th	Performing Arts	Mona Irani	Padma Vazirani 81/82 Bakhtawar Bldg., 8th Floor Narayan Dabolkar Marg (off Nepean Sea Road) Mumbai 400026

# From The Desk of The Presidents

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As we step into a brand-new year, we do so with a strong sense of connection. The close of last month was a beautiful reminder of what Indus stands for – and what we can achieve together.

Our Christmas Coffee Morning saw one of the largest turnouts in the history of Indus. A particularly moving highlight was the choir's exquisite rendition of Silent Night in English, German, Hindi, and Japanese – a powerful and emotional moment that perfectly embodied this year's motto "Finding Common Ground". Member participation was outstanding, with strong attendance and involvement in many activities. The NGOs who joined us had a very rewarding morning. A heartfelt thank-you to everyone who supported the NGOs, contributed to the bake sale, and helped create such a welcoming setting with the beautiful decorations.

Looking ahead to January, we are delighted to share that the Picnic date is fixed for Thursday, 22 January 2026. It will be graciously hosted by Nafisa Khorakiwala in Alibaug, who has generously opened her home to us. More details to follow soon.

We wish you all a Happy New Year and look forward to meeting everyone again and continuing to find common ground together in the months ahead.

**Armaity Sumariwalla**

**Gülçin Körpe**

# Notice Board

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## **Congratulations**

Congratulations to Elizabeth (Lizzie) Chapman on her acting debut in India, appearing in episodes 6, 7, and 8 of Real Kashmir Football Club, streaming on SonyLIV.

## **Annual 10 Meeting Attendance Requirement**

In response to some queries from members regarding the events that count/do not count towards the 10 meeting attendance requirement in the course of the year, we are sending out this clarification.

**Please note that attendance at the Fellowship, Christmas Coffee Morning and Picnic is NOT counted towards the annual 10 meeting attendance requirement.** Attendance at the Quiz IS counted towards the same.

## **Attendance**

Gentle reminder: Indus membership requires attendance at **10 meetings per year** (online meetings count toward the total). **It is highly recommended to attend at least 7 meetings by December 10th to stay on track.**

## **Mobile Phones**

Please note that many mobile phones have been going off during meetings. Kindly ensure your mobile phone is on Silent or Do Not Disturb for the duration of our meetings.

## **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 Officers.

# Notice Board

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

- You notice an error in the directory – **Membership Officers**
- 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 Officers** (membershipindus@gmail.com)
- You wish to change your status – **Membership Officers**
- You have a foreign friend who wants to become a member – **Membership Officers**
- You will be unable to attend meetings for an extended period of time – **Membership Officers**
- You need a new name badge – **Membership Officers**
- You have an idea for a speaker for a meeting – **the relevant Activity Chairladies**



# Annual Indus Picnic

THURSDAY

22

JANUARY

**ALIBAUG**

Come join us for our annual picnic at the residence of  
**Nafisa** and **Samina Khorakiwala!**

Enjoy a full day of food, drinks, swimming, games, and good times. Limited to **50** members. Hope to see you there! More details to follow.

**Register with Kristin Mehta on WhatsApp: Monday, January 5th and Tuesday, January 6th at +91 98197 46979.**



# 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 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 three (3) 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 3 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: **Membership Number, Surname, First name.**
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.**

# Database Changes for January 2026

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## New Member:

**Tiffany Chan**

CCI

Australia, Hong Kong

4F, Flat 9, Ashley House

Across Colaba Post Office

Mumbai 400005

Mobile: +852 98550362 (Whatsapp)

+91 8928432881 (Call)

Email: tiffanyhy.c@gmail.com

# History & Culture

**Friday 9th January**

**11:00 am – 12:15 pm**

**Residence:**



**Anjali Mariwala**

Raheja Anchorage

Ground floor Hall

Samandar Point

Worli

Mumbai 400018

**Guests Welcome**

## **INFLUENCE OF HISTORY AND CULTURE ON A WOMEN'S IDENTITY**

**Shalini Chuganee** is a psychotherapist and relationship expert dedicated to helping women understand the deep influence of culture on identity and connection.

Her work focuses on the unique conditioning experienced by South Asian—particularly Indian—women, exploring how tradition, family systems, and gendered expectations shape self-perception, emotional patterns, and interpersonal relationships. She examines the historical forces that have informed our understanding of partnership, including the evolution of monogamy and the shifting phases of relationships over time. Through her practice and talks, she guides women toward greater self-awareness and empowerment.

Join us as Shalini shares about healthier ways of relating to ourselves, our partners, family and friends.

**Varsha Alwani**

**Kavita Aswani Chadda**

# Philosophy & Religion

**Monday 12th January**  
**Note: Change of Date**

**11:00 am – 12:15 pm**

**Residence:**



**Pervin Poonawala**  
1405, The Imperial  
14th floor - North Tower  
Tardeo Road  
Near Mahendre Tower &  
Imperial Edge  
Mumbai 400034

## **TRANSFORMATIONAL LIFE COACH & AUTHOR**

**Leena Gupta** is a Transformational Life Coach and Wellness Expert, TEDx Speaker, and Founder & CEO of Leena Gupta Inc. She has trained over 25,000 people spanning 25 countries over two decades. She is also a Senior International Faculty with the Art of Living Foundation NGO for over 23 years and has been personally mentored by Sri Sri Ravi Shankar. She is an executive committee member at CFBP (Council for Fair Business Practices) and has curated the “CFPB Holistic Health Summit” in 2023 and 2024.

Her first book, *Anchor Within*, which provides essential life lessons and practical tools we missed learning in our childhood, has just been published by Penguin and is in bookstores now. This book helps the reader shift the focus from looking for love, acceptance, and validation from the outer world to looking inward and connecting to their essence, which is filled with love, peace, and joy. The book provides readers with a roadmap to reinvent themselves and operate from inner stability, strength, and sovereignty.

**Sangeeta Javeri**

**Binaifer Havaladar Antia**



# Executive Meeting

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**Tuesday 13th January**  
**Note: Change of Date**

**11:00 am – 12:00 pm**

**Residence:**



**Ranjana Mahadevia**  
Sea Face Park  
50, Bhulabhai Desai Marg  
E11, 5th Floor  
Opp Benzer  
Breach Candy  
Mumbai, 400026

Chairladies, please email a copy of the blurb for your February meeting, latest by 10th January 2026, to both:

Ranjana Mahadevia - [ranjanamahadevia@gmail.com](mailto:ranjanamahadevia@gmail.com)

Kristin Mehta - [kristin.donaldson3@gmail.com](mailto:kristin.donaldson3@gmail.com)

We do not require a hard copy of the blurb.

After your event, please take a clear, straight, and easy-to-read photo or scan of your attendance sheets and upload it to the INDUS Attendance WhatsApp group.

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

**Ranjana Mahadevia**

**Kristin Mehta**

# Art & Handicrafts

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**Thursday 15th January**

**Note: Change of Date**

**11:00 am – 12:15 pm**

**Zoom Meeting:**

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



**Guests Welcome**

## **“BIRTH OF RITUQALA”— HOME DÉCOR BRAND**

**Aarohi Chatterji** began her career as a Probationary Officer in Bank of Maharashtra, but soon realised that her heart lies in creativity. After taking time off to prioritise her family, she rediscovered herself through art with a renewed sense of purpose. Exploring canvas, Lippan kaam, and mirror mosaic helped her reconnect with herself in the most meaningful way.

A small exhibition became the turning point, leading to the birth of Rituqala. Today, Rituqala is a growing home décor brand led by an all-women team, created with the mission to inspire and empower women to pursue their passion at any stage of life. Please join us to hear her story and admire her works of art. It will be a very interesting meeting.”

**Reema Pahuja**

**Maria Bharwani**

# Health & Ecology

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**Friday 16th January**  
**Note: Change of Date**

**11:00 am – 12:15 pm**

**Residence:**



**Mikki Hariani**

Row House No. 3, Grand Paradi  
August Kranti Marg  
Mumbai 400036  
Behind Shalimar Hotel

## **TALK BY ENVIRONMENTALIST JANJRI JASANI**

**Janjri Jasani** graduated from the University of Edinburgh with an MSc in Environmental Protection and Management and is currently the Deputy Director of the Centre for Environment Research and Education (CERE). Her interests centre on climate change science, sustainable development, and urban solutions to environmental issues. She has over 15 years of experience in the fields of climate disclosure and mitigation and has worked with several companies and multinationals on carbon reporting and strategy.

The Centre for Environmental Research & Education (CERE) is a Mumbai-based not-for-profit organisation. CERE's mission is to nurture awareness and stewardship towards developing and facilitating the adoption of sustainable practices that bring human activities and livelihoods into balance with Earth's natural ecosystems. CERE has successfully completed projects in both urban and rural India and is a pioneer in the field of corporate sustainability and carbon management systems.

Today, we have Janjri talking to us on environmental sustainability and related topics.

**Sunita Nahar**

**Els Reynaers**

# Book Discussion

**Monday 19th January**  
**Note: Change of Date**

**11:00 am – 12:15 pm**

**Residence:**



**Nisha Mehta**

2301/2303, Vivarea  
Tower A, Sane Guruji Marg  
Jacob Circle, Saat Rasta  
Mumbai 400011

**Guests Welcome**

**SEVEN PRINCIPLES OF SPIRITUAL PARENTING – OUR VERY OWN  
INDUS MEMBER GOPIKA KAPOOR WILL SPEAK ON CONSCIOUS  
PARENTING THAT FOSTERS DEEP AND MEANINGFUL CONNECTIONS  
WITH CHILDREN**

**Gopika Kapoor** is an author, counsellor, neurodiversity consultant, parent advocate, and TEDx speaker. She is the bestselling author of *Spiritual Parenting*, *Spiritual Pregnancy*, *Spiritual Relationships*, and *Spiritual Success*, as well as *Beyond the Blue: Love, Life and Autism*—India's first book written by the parent of a child with autism.

Her books dive into the beautiful chaos of raising children in a digital age, where screen-time battles are met with mindfulness and meaning. Woven with wit and wisdom, her writing goes beyond raising happy children—it is about becoming happier, more grounded parents and thriving alongside your child, from toddlerhood to the teenage years and beyond.

Please come and enjoy an interactive session on parenting styles and deep dive into the Seven Principles of Spiritual Parenting. Drawing from her personal journey of raising one neurotypical and one neurodivergent twin, the speaker will offer insights that are practical, compassionate, and deeply transformative.

**Sejal Mody**

**Andrea Wrumnig**



# Music

**Tuesday 20th January**

**4:45 pm – 6:00 pm**

**Note: Afternoon Meeting and Change of Date**

**Residence:**



**Sasha Zaveri**

5th Floor

West More Building 2

69 Sir Pochkhanwala Rd.

Worli Seaface

Mumbai 400030

**Guests Welcome**

## **NISSCHAL ZAVERI - VOICES REMEMBERED: WOMEN, POETRY AND SONG.**

How does poetry change when it is sung, and music deepen when it carries meaning? In this performance, **Nisschal Zaveri** approaches thumri, nazm, and ghazal as living dialogues between word, voice, and emotion. Conceived as an intimate cultural salon, the performance invites focused listening, allowing poetry and melody to reveal their layered nuances. Blending live performance with brief contextual insight, the programme explores poetic forms, themes, and interpretative choices with special attention given to works written or originally performed by women.

The performance will be presented by Nisschal Zaveri, a Mumbai-based ghazal vocalist trained in Indian classical music and Western music production. Known for his sensitive and informed interpretations, he performs widely in India and internationally. Nisschal Zaveri is the husband of Indus member Sasha Zaveri.

Please dress up in Indian festive attire and join us for what will surely be an incredible event.

Registration required for hosting (please register your guests when you register). **WhatsApp Sasha Zaveri on +91 88796 85365 on Tuesday, January 13th between 10am–5pm.**

**Gita Purandare**

**Fiona Rouse**

# Current Events

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**Wednesday 28th January**

**4:00 pm – 5:15 pm**

**Note: Afternoon Meeting and Change of Date**

**Residence:**



**Amisha Himatsingka**

41 Somerset House  
Bhulabhai Desai Road  
Mumbai 400026

## **ART DECO IS 100, AND MUMBAI SHINES CENTRE STAGE!**

This year marks the centenary of Art Deco - and Mumbai stands at its dazzling heart. The city's cinemas, apartment buildings, and seafront skylines are now recognised as some of the most significant Art Deco ensembles in the world, blending international style with a distinctly Bombay character. In this session, Smiti Kanodia will share insights from Art Deco Alive!, the first and largest global celebration of 100 years of Art Deco design. This twin-city festival has just concluded across Miami and Mumbai with exhibitions, walks, and public programmes.

**Smiti Kanodia** is the Founder and Mumbai Curatorial Director of Art Deco Alive! and the mind behind the centenary exhibition Ocean Drive to Marine Drive: Mapping a Century of Deco | Miami–Mumbai (1925–2025). A Mumbai-based entrepreneur and former Time Out India Publisher, she connects design, culture, and community to position Deco as both a heritage and a vital part of the city's evolving identity.

Come and rediscover Mumbai through its Deco skyline—learn why this centenary moment matters, hear what the Miami–Mumbai partnership has unlocked, and explore how each of us can appreciate and support the future of these remarkable buildings.

**Ritu Prakash**

**Lizzie Chapman**

# Performing Arts

**Thursday 29th January**

**Note: Change of Date**

**11:00 am – 12:15 pm**

**Residence:**



**Padma Vazirani**

81/82 Bakhtawar Building  
8th Floor

Narayan Dabolkar Marg  
(off Nepean Sea Road)

Mumbai 400026

(Please note: There is no parking)

**CHARACTER: PSYCHOLOGIST WHO SOLVES CRIMES. PLEASE CAST THIS.**

How often have you wondered how a particular actor or actress gets chosen for a specific role? Well, the wait is over. **Mona Irani**, a formidable name in the world of global entertainment casting, has been doing just this for over 30 years. As a casting director, she has been a cornerstone of the Indian entertainment industry, curating talent for an extraordinary range of projects across film, TV, advertising, music videos, theatre, and international productions. Managing a database of over 70,000 individuals from infants to nonagenarians, she has cast for iconic films such as *Kabhi Khushi Kabhi Gham*, *Swades*, and *Gangubai Kathiawadi* (to name a few), as well as numerous TV shows and ads. Her work with production houses is a “who’s who” of production—Yash Raj Films, Aamir Khan Productions, Sanjay Leela Bhansali, and many others. Helping to launch the careers of now-prominent actors like Vidya Balan, Amrita Rao, and Lisa Ray, Mona has also played a leadership role, including serving as COO of Kalakar.pro, India’s premier talent platform.

If you want to know more about Mona’s illustrious career and get some tips on your casting chances, come and join us for a fun conversation on January 29th.

**Nandhini Ashok**

**Avantika Akerkar**

# Executive Committee 2025-2026

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indus  
INTERNATIONAL

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