



SEPTEMBER 2023

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

Month at a Glance

DATE	ACTIVITY	SPEAKER	VENUE
1 st September	Performing Arts Guests Welcome	Aditi Sanghi	Khatau Mansion 6 Manav Mandir Road Malabar Hill
4 th September	Executive meeting		ZOOM
6 th September	Philosophy & Religion Guests Welcome	Vandana S. Poria	ZOOM
		Note change in date and timings	
8 th September	History Culture & Tours	Sagarika Rai	Warp 'n Weft Sethna Building 55, Maharishi Karve Road, Marine Lines
12 th September	Art & Handicrafts	Paul Abraham	Samina Khorakiwala Casa Khorakiwala 31E Vakil Lane Off Peddar Road
14 th September	Music Guests Welcome	Katyayani Agarwal	Sangeeta Kataria 24 St. James Court Marine Drive
15 th September	Health & Ecology	Siddhi Shah	Isha Kedia Malabar Court 2nd Floor, Flat No. 6 Malabar Hill
21 st September	Book Discussion Guests Welcome	Ritesh Bhavnani	Rita Bhavnani 9, Padam-2 Peddar Road Opposite Jindal- Mansion
22 nd September	Fellowship		Nisha Mehta Vivaria Club house
26 th September	Current Events Guests Welcome	Sonali Pradhan	ZOOM

From the desk of the Presidents

September is going to be a busy month for us all.

We have some very interesting meetings set up and, in addition, our enthusiastic vice presidents are working hard to ensure we will have an Indus fellowship morning filled with loads of fun and frolic and a delicious variety of food.

Do see the detailed blurb given in the newsletter and we would love to have a lot of participation from both our foreign and Indian members.

Our Art chairladies are also planning to have an exhibition celebrating the artistic talent & skills of our own Indus members so we do hope lots of our talented members will join in. The details are all in the newsletter.

We are looking forward to sharing many meetings and special events with you all as our calendar of events is getting filled up. Just a reminder that we will be posting all updates and information always on the Indus Notice Board WhatsApp group so please do keep an eye on that.

Hema (Tinu) Shanghvi

Pervin Poonawala



Notice Board

Monthly newsletters will be sent by Email and WhatsApp.

Please contact the Vice Presidents if you have not received your newsletter.

CONDOLENCES

Our deepest condolences to Ameeta Shah on the sad demise of her father-in-law

CALLING ALL INDUS ARTISTS...

Celebrating artistic talent within Indus with a special art event for the November meeting - by Indus ladies, for Indus ladies!

All our ladies will have the opportunity to showcase their talent, skill and ideas, in any medium, at Workloft, during an event on a Saturday morning in November.

If your work involves painting, digital media, photography, sculpture or any other art form, please get in touch with **Soha Parekh** on 9821073889 or with **Nicola Gerber** via WhatsApp on 9820682450.

We hope to see our enthusiastic ladies at the Vernissage and are looking forward to insights into the inspiration, talent and work processes of our Indus artists.

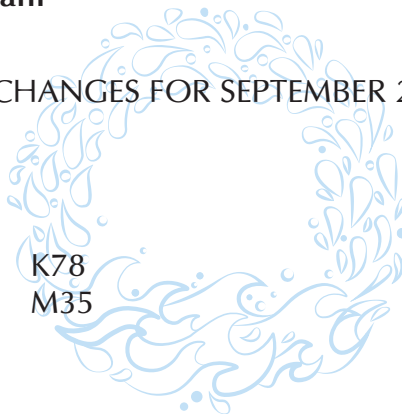
Perna Kewalramani

Juliana Ballard

NEW DATABASE CHANGES FOR SEPTEMBER 2023

Resignations

Anjali Khosla
Jean Moos



!!UPCOMING EVENT!!
AN ONAM SADYA AT THE LEELA

Monday 30th October
11:00 a.m. onwards

Welcome to an **Onam Sadya** - a feast of Joy and Happiness – a harvest festival celebrated across all faiths in Kerala.

This morning we will whisk you away from the noise and pollution of Bombay to 'God's Own Country,' where once a year during *Onam* the people welcome home the much loved and righteous Asura King Mahabali, who had been banished to the nether world.

Welcoming him with *Pookkolam*, the rangoli made of fragrant fresh flowers, they feast on a repast of a delicately spiced vegetarian meal served on a banana leaf.

The chefs at The Leela Resort will recreate the lavish *Onam Sadya*, the meal made up of the traditional foods of Kerala, curated specially for the Indus members.

So dress up in your white and gold saris, mundus or whatever outfit you can, carpool your way to the Leela Resort and watch our members dance as they welcome the beloved King home.

It is a festivity not to be missed!



Performing Arts

Friday, 1st September

11:00 am – 12:15 pm

Residence of:

Nandini Khatau
Khatau Bungalow
6 Manav Mandir Road
Malabar Hill
Mumbai – 400 006

Guests welcome

ODISSI DANCE

Odissi is one the eight ancient classical dances of India and is believed to be the oldest surviving dance form in the world. It traces its history to the Natyashastra form of 500 BCE. The dancers pay homage to Lord Jagannath – the presiding deity of Odisha and a form of Lord Vishnu.

Anandi Sanghi is being mentored by the world renowned Odissi dancer Bijayini Satpathy.

Come join us this morning to watch Anandi and her magical moves.

Sunita Nahar



Zia Mehta

Executive Meeting

Monday, 4th September

11:00 am - 12:15 pm

ZOOM MEETING

The Link 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 10th September, 2023, to both:

Armaity Sumariwalla

armaitys@gmail.com

Vidya Srinivas

vidyacadambe@gmail.com

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.

ana.d.panandiker@gmail.com

Nicola@fusionstudio.eu

Armaity Sumariwalla

Vidya Srinivas



Wednesday, 6th September 4:00 pm - 5:15 pm
Please note change in date and time

ZOOM

The link will be sent by
Whatsapp and email
one day prior to the event

Guests Welcome.

LET ME HIJACK YOUR MIND -

A fun, racy and often shocking read, **Let Me Hijack Your Mind** bursts some well-known taboos; includes life hacks drawing on **Alyque Padamsee's** philosophy and experiences in advertising and theatre, as well as new 'commandments' for the present generation.

In this one-of-its-kind book, the late Alyque Padamsee, along with his co-pilot **Ms. Vandana Saxena Poria**, invites us to re-examine and think afresh about some of our most deeply held beliefs, from love, marriage, leadership, money, gender, faith to education.

Let Me Hijack Your Mind is Alyque Padamsee's parting gift to Indians, exhorting them to throw out the old and embrace new ways of approaching everything, which will lead towards a more exciting and contented life— a better society and country. It is a way to open windows in their mind to think about life aside from greed, power and money. **Vandana's talk** today will throw everyone off balance, in a good way, because it is crammed with fresh ideas on how to live, how to dream and how to completely reset our mind set and attitudes. As Alyque says in his inimitable style: 'Get out of your stuffy thinking.'

Jeannie Madan

Benu Parkash



Friday, 8th September

11:00 am – 12:15 pm

Location:

Warp 'n Weft
Sethna Building
55, Maharishi Karve
Next to Dolors Church
Marine Lines
Mumbai 400002

Limit: 40 members

ENTER THE WORLD OF BENARES HANDLOOM FABRICS

Founded in 1997, **Warp 'N Weft** showcases heirloom Benaras silks and brocades from the UNESCO recognised ancient city of Indian arts and creativity. Besides traditional handloom sarees, Warp 'n Weft offers dupattas, lehengas, Indo-Western wear such as jackets and dresses, and accessories, all highlighting the versatility of Indian fabrics. An important part of what the brand does is provide a living to traditional Benarasi “karigars” as well as preserving Indian fabric culture. The brand has been working with the same families of craftsmen since inception and has steadily expanded its employee base since.

Our speaker is Warp 'n Weft's founder, Benares-born **Sagarika Rai**, who launched her label at the age of 26. Sagarika will share her experiences, both as a female entrepreneur and the challenges of supporting local craftsmen working on unique handmade products. She will also showcase the many types of Benarasi weaves which are sure to delight the eye.

Ladies, let's all travel to Benares and immerse ourselves in the world of beautiful fabrics while enjoying cups of kulhad chai and thandaai!

Sonica Arya

Radhika Singhal

For registration, please call **Sarita Agarwal** at 98213 51683 on **Monday, September 4th**, between 10.00 am – 12.00 pm.

Thursday, 12th September

11:00 am – 12:15 pm

Residence Of:

Samina Khorakiwala
Casa Khorakiwala
31E Vakil Lane
Opp Russian Cultural Centre
Off Peddar Road
Mumbai 400 026

Transformative Power of Art

Sarmaya Arts Foundation is a not-for-profit organization that has a curated repository of art, artefacts and living traditions from the Indian subcontinent. With over 9000 objects that date as far back as 600 BCE and 7000 old books, it's an absolute treasure trove!

Founded by former IndusInd Bank COO **Paul Abraham** in 2015, Sarmaya regularly partners with organisations, holding talks and exhibitions, spotlighting the diverse and rich history of India in the various categories of numismatics, cartography, photography, engravings, modern art, living traditions and rare books.

Paul Abraham will talk to us about Sarmaya's journey and the importance of promoting the cultural and artistic heritage of our country.

Perna Kewalramani



Juliana Ballard

Thursday 14th September

11:00 am - 12:15 pm

Please note change in date

Residence of:

Sangeeta Kataria
24 St. James Court
Corner building before Hotel
Marine Plaza
Marine Drive
Mumbai 400020

Guests Welcome

RAGAS... THE ESSENCE OF MUSIC!!!

Indian Music finds its roots in Indian Classical Music, and Bollywood Songs are no exception. Most of our singers & musicians are trained in Indian Classical Music. Hence can take on any challenge, whether in rendition of a Raga or the notes.

There is a song for every emotion and occasion which is based on Classical Ragas. Today we will explore the popular Ragas, delve into their features, listen to them and the songs based on them. **Katyayani Agarwal** is passionate and has learnt Hindustani Classical Vocal Music.

She is the founder of Daitri Foundation, a Governing Council Member and the Conveyor Mumbai Chapter of INTACH. She is on the advisory board of several NGO's and trusts and a consultant & a curator for 4 upcoming museums including the first and only museum for paper in India. She is working on revival and conservation of the endangered arts and crafts of India.

Seema Singh

Harsha Shaparia

There will be a charge of Rs. 200 per member.

For registration, please WhatsApp your name & membership number to **Kaya Shewakramani** on 9820708647 on the 25th Sept '23 between 10.00am - 6.00pm.

•Cancellations must be made 48 hours before the event: otherwise, you will be charged.

Friday 15th September

11:00 am – 12:15 pm

Residence of:

Isha Kedia
Malabar Court
2nd Floor, Flat No. 6
Malabar Hill
Before Malabar Hill Club
Mumbai – 400 006

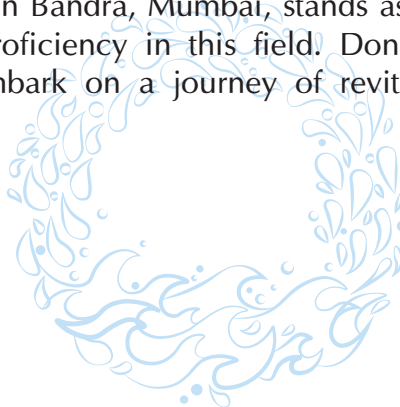
Unlock the Power of Natural Eye Care with Eye Yoga!

Explore the world of natural vision restoration and maintenance through the ancient science and healing techniques of Eye Yoga. In this fast-paced era of quick fixes, where surgery, spectacles, and lenses have become the norm, we often overlook the significance of preserving our eyesight naturally. However, the true value of perfect eyesight is felt only after it deteriorates. It's never too late to embrace holistic eye care methods that can help maintain good eyesight, correct refractive errors, and address eye disorders for individuals of all ages.

This enlightening session will open your eyes to the wonders of Eye Yoga and its transformative benefits. Learn about eye exercises, nutrition practices, and vision evaluation, guided by **Siddhi Shah**, a trained Eye Yoga Professional and experienced Nutritionist. Siddhi's remarkable track record of over 500 vision restoration cases at "The Eye Yoga Centre" in Bandra, Mumbai, stands as a testament to her dedication and proficiency in this field. Don't miss this unique opportunity to embark on a journey of revitalizing your vision naturally.

Ritu Joshi

Bharti Chotirmall



Thursday, 21st September

11:00 am – 12:15 pm

Residence of:

Rita Bhavnani

9, Padam-2, Pedder Road
Opposite Jindal Mansion
Corner of Pedder Road &
Gamadia Road
Mumbai 400-026

(Padam-1 has Axis Bank & Syndicate
Bank. Enter the gate for Padam-2)

(Note – No parking is available)

Guests Welcome

MANIMAL TALES – PERSONALIZED BOOKS FOR ALL AGES & OCCASSIONS

Ritesh Bhavnani, who goes under the pseudonym of Sue Donhym (an interesting story behind that to hear at the meeting) is the founder of Manimal Tales – a publisher of beautifully illustrated personalized books for children and adults.

Ritesh will talk to us about what Personalized books are and how they allow the reader to become the hero of the story - literally. The main character in the story is the reader / receiver of the book, and is represented by an avatar that looks like them. There are usually lots of additional personalized details printed in the stories, including the reader's name, age, family members and more.

One of Ritesh's first books was a personalized children's parody book about Donald Trump called "Your Child and the Orangey-Tan." Needless to say, half of the US loved it, and the other half sent him plenty of hate mail!

Come and listen to a new way of writing and publishing custom written books – which make an ideal gift for kids & adults.

Ayesha Soonawalla

Farah Raina



Friday 22nd September 10:45 a.m. – 12:15 p.m.

Venue: Vivarea Club House – Enter from A wing Vivarea parking lot and drive to the guest parking. Look for Clubhouse entrance and take the elevator up

Big Mac versus McAloo Tikki Burger, Potato Salad versus Aloo Chat, the Hotdog versus Frankie roll, Baklava versus Khaja, and the list goes on...

International Foods going Desi
is our theme for this year's fellowship

International members, it's your day to dish out a traditional food from your country. And Indian members, it's your turn to come up with the Indianized version of it – garam masala et al.

Indus talents don't end there, our in-house thespians will entertain you with a performance guaranteed to make you chuckle.

Ladies, do pitch in to make it a fun filled, irreverent and politically incorrect morning. You can still sign up to make a contribution or to participate.

Call Armaity Sumariwala: +91 9820284858
Or Vidya Srinivas: + 91 9869918348

For registration Whatsapp between 1st and 5th Sept:
Your name, membership number, veg or non veg.

Membership numbers:
A to M – Saju Thadani
+ 91 9821402051
N to Z – Ranjana Mahadevia
+91 9820136941

Current Events

Tuesday, 26th September

11:00 am – 12:15 pm

ZOOM MEETING

The link will be sent by
Whatsapp and email
one day prior to the event

GUESTS ALLOWED

DEMYSTIFYING ESTATE PLANNING FOR WOMEN

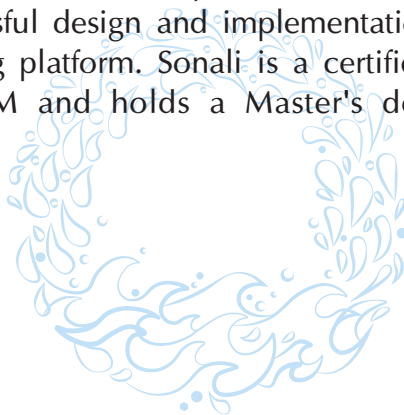
Why is estate planning as important as financial planning? What are women's rights to family inheritance and property? Why is it important to write a will, and how is it executed? What are the nomination and joint ownership laws in India? Why should women be aware of succession laws and their legal implications? Why is the current trend in India moving towards setting up Trust Funds as their estate plan?

To enlighten us and demystify these critical but less explored areas of our planning for the future, we will have with us **Sonali Pradhan**, Head of Wealth Planning at Julius Baer Wealth Advisors (India) Private Limited, based in Mumbai.

With over 15 years of experience, Sonali is a tax and legal expert, and has assisted High Net Worth Individuals with estate planning solutions, asset structuring needs, philanthropy and designing governance frameworks for family-owned businesses. She has to her credit, the successful design and implementation of InstaWill, an online will writing platform. Sonali is a certified Trust and Estate Planner by AAFM and holds a Master's degree in Business Administration.

Neelam Narayan

Barbara Halusa



Executive Committee 2023-2024

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Book Discussion

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