



indus  
INTERNATIONAL

2022-2023



**PATIENCE & PERSEVERANCE**

**MARCH 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

### **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 MARCH 2023 MONTH AT A GLANCE

DATE	ACTIVITY	SPEAKER	VENUE
Friday 3 <sup>rd</sup>	Performing Arts	Poetrusic	Smriti Morarka, Morarka House Carmichael Road
Monday 6 <sup>th</sup>	Executive Meeting		Zoom
Thursday 9 <sup>th</sup>	Women's Day Celebration, Dumb Charades		Nisha Mehta, A2301, Raheja Viveria, Jacob Circle, Mahalaxmi
Friday 10 <sup>th</sup>	History Culture and Tours		Asiatic Library, Fort
Monday 13 <sup>th</sup>	Art 🗓️	Nilanjana Som Pawathinal	Chhatrapati Shivaji Maharaj Vastu Sangrahalaya, Kala Ghoda, Fort
Tuesday 14 <sup>th</sup>	Handicraft	Srila Chatterjee	47-A Design Gallery Kotachiwadi, Ambewadi, Girgaon
Thursday 16 <sup>th</sup>	Book Discussion 👥		Nayantara Jain, Benzer Terraces, Worli Seaface
Friday 17 <sup>th</sup>	Health & Ecology 👥	Dipika Jalan	ZOOM
Tuesday 21 <sup>st</sup>	Philosophy and Religion 👥	Shailendra Gulhati	ZOOM
Thursday 23 <sup>rd</sup>	Music 👥	Dr. Rahul Joshi	Bijal Doshi Peacock Palace, Bhulabai Desai Road Satviki Farms,
Friday 24 <sup>th</sup>	Cooking Swapshop	Priyanka Jain	101, B Wing, Akansha Heights, Worli
Tuesday 28 <sup>st</sup>	Current Events	Dr. Eric Borges	Mala Sampat 91 Urvashi, NapeanseaRoad.

Change of date: 🗓️

Change of time: ⌚

Guest Allowed 👥

# DESK OF THE PRESIDENTS

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## Desk of Presidents

We have no words to express the appreciation and gratitude towards all the Indus members who contributed & showed up at the magical Parsi themed Annual Event evening at the **Saheer Agiary** grounds. An evening where Indus ladies flaunted their glamorous and traditional Gara outfits.

A big big **THANK YOU** to **Persis and Jeannie** for allowing us to use the wonderful grounds. You made this evening happen for our Indus Ladies.

A special thanks to **Vanita Bhandari** for sponsoring the prizes for the best dressed Gara ensemble and alcohol, maintaining the 'high spirits' of the evening.

Thank you to **Anjali Sethi** for bringing in the red wine from Sovereign Wines; enhancing the elegance of the evening.

Lastly, a heartfelt thanks to the member donors who contributed towards the decor and ambience of the the gardens.

### In other news:

- Our trippers are back from yet another adventurous trip to Khajuraho, Panna National Park and Gwalior. We eagerly await to hear their stories and see their photo memories.
- As this Indus year is ending soon, we urge you to consider being an Activity chairlady. Being a chairlady is a learning opportunity as well as a chance to interact and imbibe the Indus Culture.
- The Disbursement committee has met and details of donations given are listed in the following pages.
- To celebrate International Women 'Day; our Vice Presidents have planned an enjoyable morning of **DUMB CHARADES** with member teams. There are still a few seats available so do call in at the earliest to block your seat.

Sheena Kataria

Kaya Shewakramani

# NOTICE BOARD

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Congratulations to Nandini Kapashi on the birth of her grand daughter.

Deepest Condolences to Jyoti Jasani on the sad demise of her husband

## **VOLUNTEERS – ANNUAL GENERAL MEETING**

We need Volunteers to assist at the AGM to be held in April 2023. If you are available to volunteer, please contact the Secretaries **Usha Jayaram** OR **Radhika Singhal**. You will earn a participation point for the next Indus year.

## **DATABASE CHANGES**

### **Change of Address**

Cherry Mehta                      MH2  
Flat 3102, Raheja Artesia,  
31st Floor,  
Hind Cycle Road,  
Worli, Mumbai 400030.

### **Change of Status**

Madhu Kapur	KE5	Senior
Salome Parikh	P03	Senior
Tannaz Commissariat	C81	Senior
Avni Rao	PB3	Non Resident Indian
Manika Krishnamurti	KF4	Non Resident Indian
Shalini Chuganee	CB3	Non Resident Indian

MEMORABLE EVENING - ANNUAL EVENT Feb 2023







# INDUS INTERNATIONAL DISBURSEMENT (FEBRUARY 2023)

We would like to thank our generous member donors and friends to make it possible to donate towards several worthy causes.

Thank you to the Disbursement committee ( Rachel Bhot, Dolat Kotwal, Rehana Datoobhoy & Lyla Mehta) for your guidance and support in allocating the funds.

ORGANIZATION	PROJECT	APPEAL	AMOUNT IN INR
CORVUSS AMERICAN ACADEMY	EDUCATION & SPORTS TRAINING FOR UNDER PRIVILEGED STUDENTS	RS. 15 LAKH/STUDENT/YEAR	Rs. 1,00,000/-
KUTADE PANCHAKROSHI SHIKSHA PRASARAK MADAL	ADARSH HIGH SCHOOL FREE EDUCATION	2 SERVERS – Rs. 60000/- 1 PROJECTOR – Rs. 35,000/- SALARY – Rs. 72000/-	Rs. 95,000/-
WE CAN FOUNDATION	50 STREET CHILDREN at BORIVALI	EDUCATIONAL MATERIAL Rs. 2,07,250/-	Rs. 1,00,000/-
GRACE FOUNDATION	HOUSING/ MEDICAL CARE FOR DESTITUTE & ABANDONED ELDERS IN MUMBAI CITY	12 ROOM MATTRESSES – Rs. 50,000/- FLOOR TILING – Rs. 1,00,000/-	Rs. 1,50,000/-
INDIAN SPONSORSHIP COMMITTEE SARATHI PROGRAM AT LONAVALA	MENTORSHIP FOR ADOLESCENTS DURING TRANSITION PHASE	APTITUDE TESTING, FEES, COUNSELLING. Rs..15,000/PER CHILD	Rs. 1,50,000/-
SRCC	ORTHOTIC UNDERGARMENTS TO IMPROVE POSTURE AND FOR THERAPY	THERA TOGS Rs. 1,12,200/-	Rs. 1,12,200/-
ALL INDIA FOUNDATION OF DEAF WOMEN	EMPOWERING UNDERPRIVILEGED DEAF WOMEN		Rs. 1,00,000/-



ORGANIZATION	PROJECT	APPEAL	AMOUNT IN INR
DEEDS	EDUCATION AND VOCATION FOR THE DEAF		Rs.50,000/-
LGBTQ	SAFE SPACE FOR THE LGBTQ COMMUNITY IN DELHI		Rs. 50,000/-
JAI VAKEEL	INCLUSION FOR CHILDREN DISABILITIES		Rs.50,000/-
V CARE	TOWARDS CANCER PATIENT SUPPORT		Rs.1,00,000/-
THE NATIONAL SOCIETY FOR CLEAN CITIES, INDIA	BALWADIS FOR CHILDREN		Rs. 1,00,000/-
YUVA PARIVARTAN	HUMAN TRAFFICKED SURVIVORS AND GIRLS FROM DESTITUTE BACKGROUNDS	Rs. 25207/per student	Rs.1,00,000/-
<b>TOTAL</b>			<b>Rs.12,57,200/-</b>

**(Rs. TWELVE LAKHS FIFTY SEVEN THOUSAND TWO HUNDRED ONLY)**

# PERFORMING ARTS

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Friday 3<sup>rd</sup> March

11:00 a.m -12:15 p.m

**In-person meeting:**

**Residence of:**

**Smriti Morarka**  
Morarka House,  
2nd Floor,  
24-B, Carmichael Road,  
Mumbai 400 026.

POETRY CIRCLE presented by **POETRUSIC**

Join us for a joyful morning of sharing, listening and feeling into the timeless world of poems!

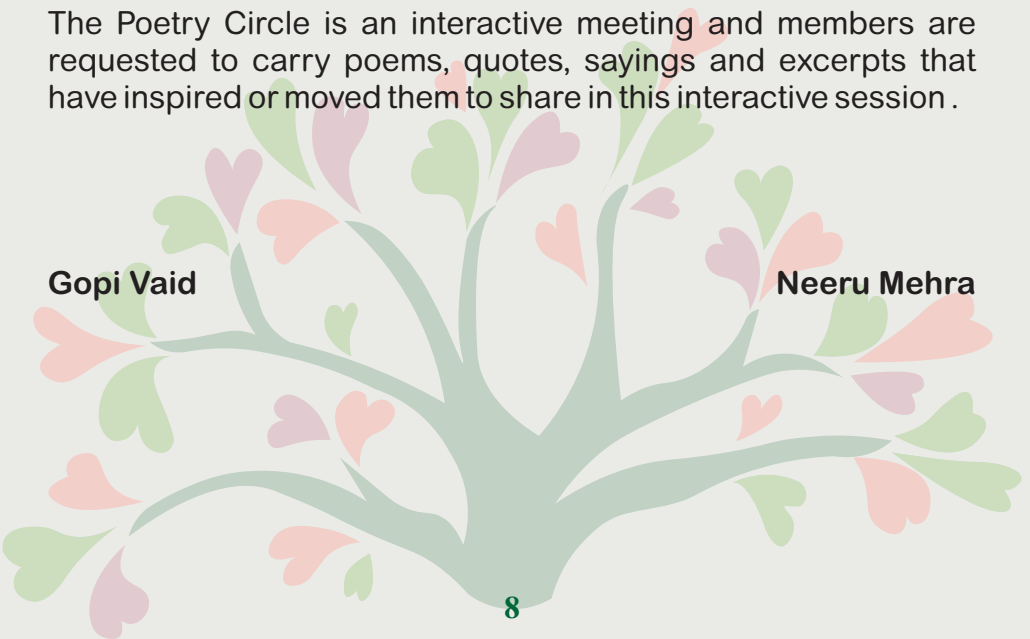
Poetry circle is an informal gathering for poetry lovers. Share the poems you've written or those that you love or just listen and enjoy the beauty of words.

Facilitated by Poetrusic, a group of women who share their passion for poetry through performance workshops and circles.

The Poetry Circle is an interactive meeting and members are requested to carry poems, quotes, sayings and excerpts that have inspired or moved them to share in this interactive session .

**Gopi Vaid**

**Neeru Mehra**



# EXECUTIVE MEETING

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Monday 6<sup>th</sup> March

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 **April** meeting latest by **10<sup>th</sup> April, 2023** to both:

Priya Mehta

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

Marietta Barreto

[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

# WOMEN'S DAY CELEBRATION

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Thursday 9<sup>th</sup> March

Registration/Sign in:

11:00 a.m - 11:15 a.m

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

In-person meeting:

Venue:

Residence of Nisha Mehta

A2301 Raheja Viverea,

Sane Guruji Marg,

Jacob Circle, Mahalaxmi ,

MUMBAI 400 011.

**Limit: 60 Members (REGISTRATION REQUIRED)**

## DUMB CHARADES

Come join us for a morning of interactive fun whilst we play one of the oldest and most loved party games! Our participants will be divided into three teams and each team will select one member at a time who will be given the title of any popular movie, song, book, TV Show and so on by the referees. The chosen member will then have to convey the meaning of the title by using all their ingenuity and imagination to mime and act out in complete silence (no words or sounds allowed) for the rest of the team to guess within a prescribed period of time. Let's see how quickly they rise to the challenge to get the correct answer!

### GAME ON LADIES!

We promise that you will have an exciting and enjoyable time – and yes there will be a prize for the winning team!

**Please register as soon as possible, registration will be closed once we reach the limit.**

**We are still looking for participants for our teams – if you would like to participate, please call:**

Priya Mehta: 9819131406

Marietta Barreto: 9822004421

# HISTORY CULTURE AND TOURS

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Friday, 10<sup>th</sup> March

11:00 a.m to 12:15 p.m

In-Person Meeting:

Venue:

**Asiatic Library**  
**Horniman Circle**  
Town Hall,  
Shahid Bhagat Singh Rd,  
Fort, Mumbai - 400023.

Limit: 30 Members

## A SLICE OF HISTORY

Up the spectacular steps of the grand Town Hall, at Mumbai's Horniman Circle, lies the Asiatic Society of Bombay's Library with its treasures of books, periodicals, ancient manuscripts, painted folios, coins, artefacts and many more....

Come join us this morning for a guided tour of this imposing heritage building to savour a slice of history.

Kindly assemble outside Asiatic Library, Horniman Circle

Varsha Sheth

Sheetal Patel

Steps to be climbed, lift not available

Registration: Rachita Kapoor on +91 9820214906

Friday, 3<sup>rd</sup> March 2023 from 11:00 am to 5:00 pm

Either WhatsApp OR Call.

Monday 13<sup>th</sup> March

11:00 a.m. – 12:15 p.m.

**In Person Meeting:**

**Venue:**

**Chhatrapati Shivaji Maharaj**  
Vastu Sangrahalaya,  
159-161, Mahatma Gandhi,  
Road, Kala Ghoda, Fort,  
Mumbai, Maharashtra 400023.

## **Textiles A Rich Heritage**

A medley of two textile exhibitions:

In 2015, The Indian Textile and Costume gallery was established at CSMVS. The displayed works are an interesting mix of historical and representative textile traditions. CSMVS collection reflects personal taste, signs of status and historical importance. The oldest pieces which we shall view are fragments of block-printed cloth from 9th to 17th centuries.

The special exhibition...When Indian Flowers Bloomed in Distant Lands: Masterworks of Trade Textiles 1250-1850. We shall be swept into a fascinating world 700 years ago when Indian cloth was the heart beat that fueled east west trade. These rare textiles became a part of the culture of foreign lands. CSMVS in collaboration with founders of TAPI collection, Praful and Shilpa Shah exhibits them specially to remember our ancient glory.

CSMVS experienced curators, **Nilanjana Som** and **Divya Pawathinal** shall guide you through this journey.

**Rashna Doongaji**

**Kanchan Khubchandani**



# HANDICRAFTS



**Tuesday 14 March**

**11:00 a.m – 12:15 p.m**

**In-person meeting**

**Venue:**

**47-A Design Gallery**  
Kotachiwadi,  
Ambewadi, Girgaon,  
Mumbai 400004.

**Limit : 25 Members**

## **Issey Miyake: Mina Krishnan's Collection**

Issey Miyake, who died in August 2022, was one of the most innovative and influential contemporary fashion designers. Over a career spanning five decades, Miyake championed sculptural pleating, origami-style folds, architectural silhouettes, and created catwalks that were technological showcases. 47-A will present a selection of Miyake's pieces from the Mina Krishnan Collection before they are donated to CRY Foundation.

We will be welcomed to 47-A by **Srila Chatterjee**, founder of Baro and Baro Market, who will guide us through the exhibition as well as showing us her beautiful new space in the historic village of Khatachi Wadi.

**Please note that this will be a walk-through the exhibition and not a seated talk.**

**Shabana Abdulkarim**

**Helen Craggs**

**Registrations: please call or message  
Helen Craggs on 96193 93705,  
Thursday 9<sup>th</sup> March at 3:00 pm – 5:00 pm, or  
Friday 10<sup>th</sup> March at 3:00 pm – 5:00 pm.**

# BOOK DISCUSSION

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Thursday 16<sup>th</sup> March

11:00 a.m – 12:15 p.m

**In-person Meeting:**

**Residence of:**

**Nayantara Jain**  
Benzer Terraces,  
94, Worli Sea Face,  
Mumbai 400018.

**Guests Welcome**

## **LESSONS IN CHEMISTRY by BONNIE GARMUS**

“Sometimes I think,” she said slowly, “that if a man were to spend a day being a woman in America, he wouldn’t make it past noon”

**-Bonnie Garmus, Lessons in Chemistry**

Set in the 1950s and early 1960s in America, Elizabeth Zott, the intelligent and quirky protagonist of this novel, is a research chemist, a single mother and the reluctant star of a TV cooking show for housewives. In a world dominated by men and filled with misogyny, Elizabeth's unusual approach to cooking (“combine one tablespoon acetic acid with a pinch of sodium chloride”) proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook - she's daring them to change the status quo.

Lubaina Suares

Sharmeen Maskati

# HEALTH AND ECOLOGY

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Friday 17<sup>th</sup> March

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

Guest Welcome

## THE SECRET TO CLIMATE CHANGE IS IN YOUR KITCHEN

The biodiversity on earth is destructively affected by our simple acts when we stream chemicals into the environment through our drains, slowly destroying habitat, our physical and mental health. Use of Bioenzymes, resolves many such problems associated with hazardous chemicals.

Dipika Jalan, a certified Bioenzyme trainer, owner and founder of Grownest, is going to highlight how every household can employ their kitchen waste to make an excellent substitute to toxic cleaners and natural skincare.

She has organized several sessions in many organisations, promoting sustainable lifestyle. She is the President of Women's Indian Chamber of Commerce & Industry Bioenzyme Council, West Bengal. She has done well being projects for Girl Child Education & Menstrual Hygiene. Case-study on Bioremediation of Rabindra Sarobar Lake, Kolkata. She was awarded the 2022 Bharat Dignity Award by News Mania

**Neeta Merchant**

**Namrata Singhania**

# PHILOSOPHY AND RELIGION

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Tuesday 21<sup>st</sup> March

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.

Guests welcome

## “WHAT ARE THE SIVA SUTRAS ?”

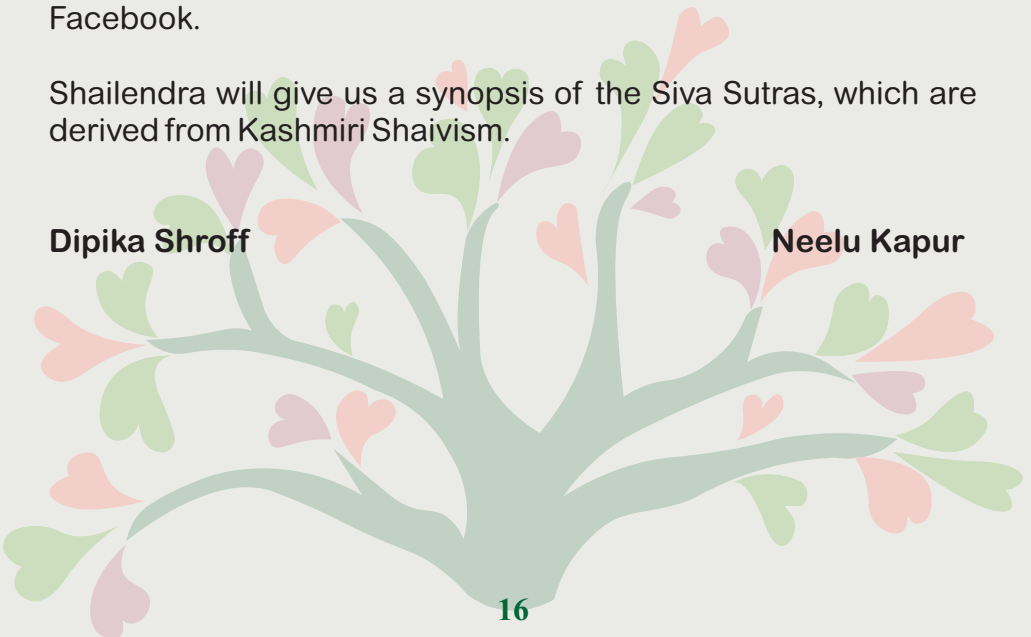
Essentially the Siva Sutras are to Shiva what the Bhagavad Gita is to Krishna- His sacred revelations. They are the highest non dual teachings vouchsafed to the ancient rishis of Kashmir, by Shiva Himself, like a map or manual to "meet" Shiva in your own consciousness.

**Shailendra Gulhati** is a Jammu based spiritual author and online guide. He has written six books: The yogi and the snake, Naam roop –A tribute to the divine, And life said, Shiva The ultimate time traveler (Part 1 and 2) and Shiva poetry. Shailendra has been a team member for the SAARC writers summit, twice. He hosts 'Monday with Mahadev' on Youtube and has five lakh followers on Facebook.

Shailendra will give us a synopsis of the Siva Sutras, which are derived from Kashmiri Shaivism.

**Dipika Shroff**

**Neelu Kapur**



# MUSIC

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Thursday 23<sup>rd</sup> March

11:00 a.m -12:15 p.m

In person meeting:

Residence of:

**Bijal Doshi**

23, Peacock Palace 2<sup>nd</sup> floor,  
Bhulabhai Desai Road,  
Mumbai 400026

**There will be a charge of Rs 150**

Guests welcome

Come and soak in some benefits of healing Music

**Dr Rahul Joshi** is an eminent Homeopath and classically trained singer. He is the Honorary Homeopath to the Governor of Maharashtra and Mumbai Police. Dr Joshi is a versatile singer and has at least 30 original recordings with leading music companies. He conducts regular programmes at Nehru Centre and NCPA and has recently performed with Shankar Mahadevan and Suresh Wadkar with a grand orchestra. He has researched on the effects of music on the Human Mind and Body and has touched the lives of over 15 lakh people with his flagship music clinic. His aim is to create a happy and healthy society through his music.

**Hemal Udani**

**Ranjana Mahadevia**

# COOKING SWAPSHOP

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Friday 24<sup>th</sup> March

4:00 p.m – 5:15 p.m

(Please note change of time)

Venue:

**Satviki Farms,**  
101, B Wing, Akansha Heights  
Next to Marshalls Wall  
Coverings, Worli,  
Mumbai 400018.

## GO GREEN !!

The word **Satviki** in Sanskrit means **Purity**.

Keeping the ethos of all things Pure in mind **Ms.Priyanka** Jain, a Nutritionist cofounded **Satviki** Farms, a locally operated **Hydroponic Farm** right in the heart of Mumbai city.

The farm produces fresh clean pesticide-free Greens using smart farming techniques.

This afternoon we will be conducting a Masterclass tour of Hydroponic Farming and explaining its health benefits. There will be a demonstration of healthy to eat salads and wraps.

A truly farm to Table experience.....!!

Limit : 30 Members

**Registration ..... Ms.Anu Kedia on 9821044588**

Monday, 20<sup>th</sup> March from  
10.30 a.m to 12.00 noon

Bina Kejriwal

Anju Siraj



# CURRENT EVENTS

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Tuesday 28<sup>th</sup> March

11:00 a.m. – 12:15 p.m.

In Person Meeting

Residence of

**Mala Sampat**

91 Urvasi,  
66 Nepean Sea Road,  
Mumbai 400006

Guests welcome

## **Palliative Care— Adding Life to Years!!**

Palliative Care ( PC) started in the 1950s. It was restricted to relieving distress in terminal stages of cancer. Patients with other illnesses - Non-Cancer Patients (NCP) - had no access to PC even though they outnumbered cancer patients 100:1.

PC for NCP was nonexistent in Mumbai. To address this pressing issue and need the King George V Memorial Trust has started:

1. Sukoon Nilaya Palliative Care Centre,
2. The Sanctuary - an Adult Daycare Centre
3. Passaddhi - the Garden of Tranquility

**Dr. Eric Borges** will discuss basic issues in PC and will also show how useful it is for patients and care givers. Also, a short documentary film on Sukoon Nilaya will be screened showcasing this beautiful centre.

**Dr Eric Borges** is an Interventional Cardiologist and a Professor at the Bombay Hospital Inst. of Medical Sciences. He is Chairman of the King George V Memorial Trust, the Chief Trustee of the TN Medical College Global Alumni Trust, Trustee of the Ernest Borges Memorial Home and Ex Chairman of Champion School.

Anjali Mathur

Selma Kriegner

# listen up

listen up  
and just pipe down  
speak up  
but don't speak too loud

don't be dull  
but don't be wild  
be fun  
but don't act a child

age gracefully  
but don't look old  
know your mind  
but do as you're told

embrace your curves  
but don't get fat  
love yourself  
but not like that

know your worth  
but not too much  
else they might feel  
inadequate

wear make up  
look natural though  
stand your ground  
but don't say no

choose the right path  
but for who?  
right for them  
or right for you?

right for who  
they'd rather see  
or right for who  
you'd rather be?

listen up  
I'll tell you this  
this life of yours  
is yours to live

pick the path  
that's right for you  
not the one  
they tell you to

'cos their obsession  
with your path  
is not your future  
it's their past

so don't pipe down  
and don't speak up  
just because  
they say you should

own your silence  
own your wild  
own your magic,  
inner child

'cos if you don't  
then all their noise  
will soon become  
the loudest voice

and you won't hear  
the voice within  
that says  
you can be anything

Becky Hemsley

## Board Members 2022-2023

### **PRESIDENTS**

Sheena Kataria  
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### **VICE PRESIDENTS**

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