



OCTOBER 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 :** indusinternational Mumbai  
Indus International

## October at a Glance

DATE	ACTIVITY	SPEAKER	VENUE
Tuesday 3 <sup>rd</sup> <b>Note Change in Date</b>	Executive Meeting		ZOOM
Friday 6 <sup>TH</sup>	Performing Arts <b>Guests Welcome</b>	Bruce Guthrie	Stuart Liff Library NCPA Nariman Point
Monday 9 <sup>th</sup>	Music		Pervin Poonawala 1405, Imperial North Tower, Tardeo Road Mumbai 400 034
Tuesday 10 <sup>th</sup>	Art & Handicrafts		NMACC Jio World Centre G Block, BKC
Friday 13 <sup>th</sup> <b>Note Change in Date</b>	Philosophy & Religion <b>Guests Welcome</b>	Guruji Jain	Ranjana Mahadevia E-11 Sea Face Park Bhulabhai Desai Road
Thursday 19 <sup>th</sup>	Book Discussion <b>Guests Welcome</b>	Anuvab Pal	Samina Khorakiwala Casa Khorakiwala 31E Vakil Lane Off Peddar Road
Friday 20 <sup>th</sup>	Health & Ecology <b>Guests Welcome</b>	Dr. Kamlesh Desai	Lyla Mehta Marble Arch, 1st Floor 52 Peddar Road
Monday 23 <sup>rd</sup>	Current Events	Varun Narayan	Marietta Baretto Lalit, 2 <sup>nd</sup> Floor Nathalal Parekh Marg Colaba
Friday 27 <sup>th</sup>	Cooking Swapshop <b>Guests Welcome</b>	Kamini Patel	ZOOM
Monday 30 <sup>th</sup>	Onam Lunch		The Leela Resort Sahar
Tuesday 31 <sup>st</sup>	History Culture & Tours	Rachana, Rohan & Preeti	Annu Toshniwal Lalit Kunj, 6 <sup>th</sup> Floor 70 Pochkhanawala Road

## From the Desk of the Presidents

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Firstly, we want to thank all our enthusiastic chairladies for organising some fantastic meetings in the last few months, with such diverse speakers and events. They continue to raise the bar and, once again, have many more excellent meetings set up for the next few months.

It is very heartening to see how many of our senior members continue to attend so many meetings - a very special thank you to them for keeping up the Indus spirit.

We are already receiving so many requests from charities who have appealed to Indus for their worthy causes, and we hope our members will donate generously to enable us to support these organisations. (All cheques to be made out in favour of Indus International.)

Our travel committee has been working on various exciting choices for the Indus international trip, planned for early 2024; so please do send in your preferences. We are really looking forward to sharing many more meetings and lots of special events with you all in the coming months.

**Hema (Tinu) Shanghvi**

**Pervin Poonawala**



# Notice Board

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Monthly newsletters will be sent by Email and WhatsApp.

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

## REGISTRATION FOR MEETINGS

1. Please call during the given time; do not call before the given time.
2. Please do not attend if you have not registered.
3. Please do not ask if a friend can take your place if you cannot make it; the waitlisted people will be accommodated first.

## CONDOLENCES

Our deepest condolences to Ritu Desai on the sad demise of her husband.  
Our deepest condolences to Saroj Prakash on losing her son-in-law.  
Our deepest condolences to Nisha Assoomal on the passing of her father.

## TRAVEL

After a magnificent response to our domestic trip, the Presidents, along with the Travel Committee, have planned to take an International trip in 2024, for approximately 8 to 10 days, to any one of the following destinations:

- 1) Vietnam - February '24
- 2) Burma - February '24
- 3) South Korea - March '24

Please send your preference for any of the abovementioned destinations by **October 30th 2023**, to any of the following members:

**Dina Desai**  
9820231010

**Indira Kilachand**  
9820057219

**Annu Toshniwal**  
9820068100

**Perna Kewalramani**  
9820238123

**Sheena Kataria**  
9820284890



## Upcoming Events

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### 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**



## Executive Meeting

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Tuesday, 3<sup>rd</sup> October

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 November meeting, latest by October 10<sup>th</sup> 2023, to both:

Armaity Sumariwalla

[armaitys@gmail.com](mailto:armaitys@gmail.com)

Vidya Srinivas

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

[Nicola@fusionstudio.eu](mailto:Nicola@fusionstudio.eu)

**Armaity Sumariwalla**

**Vidya Srinivas**



Friday, 6<sup>th</sup> October

11.00 am - 12.15 pm

Venue:

Stuart-Liff Library

NCPA

Nariman Point

Mumbai 400 021

Guests Welcome

### WORKING WITH ACTORS ON AN INTERNATIONAL STAGE

**Bruce Guthrie** is the head of theatre and film at the NCPA, Mumbai. He is an award-winning director, having directed plays and musicals in London, New York and several other cities around the world.

His directorial credits are many. To name a few - Constellations (NCPA), Bakersfield Mist (starring Kathleen Turner), Merchant of Venice, Othello, Twelfth Night (for the Singapore Repertory Theatre) and Stories by Heart (starring multi award-winning actor John Lithgow).

Bruce has worked on large scale charity events, fundraisers and concerts with several award-winning actors and with members of royalty, including the Prince of Wales.

Let's enjoy this morning, whilst Bruce takes us into this magical world of theatre and plays.

**Sunita Nahar**



**Zia Mehta**



## Music

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**Monday, 9<sup>th</sup> October**

**11.00 am - 12.15 pm**

**Residence of:**

**Pervin Poonawala**  
1405, Imperial North Tower  
Tardeo Road  
Mumbai 400 034

**Limit: 35 Members**

### **“NAME THAT TUNE”**

“From Lata’s classics to Gaga’s new,  
There’s a song for every singer like you,  
Whether you sing with a desi charm or a global flair,  
We’re eager to hear the magic you share.  
It’s not a performance but a game to connect,  
With fellow music lovers, let’s all guess correct.

Sing along and tap your feet,  
Our musical soiree promises a treat.  
Join us for a morning medley so grand,  
Let’s groove together hand in hand.”

We are looking for **10 participants** to take part in this fun musical morning.

**Seema Singh**

**Harsha Shaparia**

To participate, please call **Sangeeta Jhaveri** on +91 98208 10510 on **September 28<sup>th</sup>** between **11.00 am - 2.00 pm**.

To register for the meeting, please WhatsApp:

**Nilima Patel** on +91 98216 83924 on **October 5<sup>th</sup>** between **11.00 am -2.00 pm**

**Sangeeta Jhaveri** on +91 98208 10510 on **October 6<sup>th</sup>** between **11.00 am - 02.00 pm**

There will be a charge of Rs.200/- per person.

Cancellations should be done 48 hrs prior to the meeting; otherwise, you will be charged.

Tuesday, October 10<sup>th</sup>

11.00 am - 1.00 pm

Venue:

**Nita Mukesh Ambani  
Cultural Centre (NMACC)**  
Jio World Centre, G Block  
BKC, Mumbai 400 051

**Limit: 40 members**

### **RUN AS SLOW AS YOU CAN / INFINITY MIRROR ROOM**

Run As Slow As You Can is an expansive presentation by TOILETPAPER, a creative studio based in Italy. Their artwork appears in many magazines and advertisements, and represents an oversaturated, hyperreal universe.

In four chapters spread across four floors, the show confronts the way in which we exist in and engage with an increasingly virtual world. Following a walkthrough of the exhibit, we will visit the Infinity Mirror Room by Yayoi Kusama.

The exhibit is at the Nita Mukesh Ambani Cultural Centre (NMACC) in BKC. There is a lift between floors of the exhibit, for those who cannot climb many stairs. There is parking at the venue, as well as convenient drop-off points.

**Perna Kewalramani**

**Juliana Ballard**

There will be a charge of Rs. 399 per head.

To register, please WhatsApp your name and membership number to **Rina Kapadia** on +91 98208 76424 on **October 3<sup>rd</sup>**.

Ticket reimbursement can be made to **Juliana Ballard** through GPay on +91 91520 05183 or in cash on the day of the event.

Friday, 13<sup>th</sup> October  
Please note change of date

11.00 am - 12.15 pm

Residence of:

**Ranjana Mahadevia**  
E-11 Sea Face Park  
Bhulabhai Desai Road  
Opposite Benzer  
Mumbai 400 026

### Guests Welcome

#### Vedanta Portrayed Through English Literature & Poetry

Vedanta is the ancient Indian philosophy which presents the eternal principles of life and living. Although it originated in the Himalayan ranges thousands of years ago, these principles are not restricted to any country or creed. Great souls have inspired humanity to evolve to even greater heights by referring to these eternal principles.

Ladies, today **Guruji Siddharth Jain** will point out the beauty and grandeur of Vedanta via two illustrious works of English Literature - an extract from William Shakespeare's Hamlet and William Wordsworth's Daffodils.

Guruji is a protégé of renowned philosopher, Swami A. Parthasarathy. He has been studying and propagating the ancient Indian philosophy of Vedanta for over two decades. Siddharthji graduated from Cornell University with Honors, in Electrical & Computer Engineering. He has written several research papers and has addressed diverse international audiences at Harvard and Stanford. He has been a guest lecturer at prestigious management institutes in India like NMIMS and Symbiosis.

**Dr. Jeannie J. Madan**

**Benu Parkash**

Thursday, 19<sup>th</sup> October

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

Guests Welcome

### CHAOS THEORY – A PLAY ADAPTED INTO A NOVEL

**Anuvab Pal's "Chaos Theory"**, short and fast-paced, is about two characters who remain connected throughout their lives but never come together as one - at least not by socially accepted norms. It starts with the two protagonists as students in Delhi in the 60s, moves to career worries of the 70s and them scaling career heights in the 90s. The book leaves the reader pondering the delicate nuances of life.

Pal is an Indian stand-up comedian, screenwriter, playwright and novelist. He was listed by the Times of India as one of "India's top comedians" and the New York Times calls him "India's Most Intelligent Comedian". A prolific writer, Pal has screen written Bollywood films like "Loins of Punjab Presents" and "The President is Coming". Besides Chaos Theory, he has written 3 other hit stage plays.

He will talk to us about the process of script-writing and the nuances of adapting a play into a novel.

**Ayesha Soonawalla**

**Farah Raina**

Our next book is "An Atomic Love Story - The Extraordinary Women in Robert Oppenheimer's Life". The meeting will be on zoom, with

Friday, 20<sup>th</sup> October

11.00 am - 12.15 pm

Residence of:

**Lyla Mehta**  
Marble Arch, 1st Floor  
52 Peddar Road  
Near Villa Theresa School  
Mumbai 400 026

Guests Welcome

### TOWARDS A BETTER ENDING

Join us for a thought-provoking talk that explores the universal inevitability of death. Delve into the metaphysical and practical aspects of this profound journey and discover how embracing a mature perspective can lead to a more meaningful and peaceful relationship with life's final chapter.

**Dr. Kamlesh Desai**, a distinguished oral health-care professional, public speaker and mentor, will offer unique insights into coping with end-of-life situations from a different perspective, drawing from his wealth of experience in various subjects including parenting, education and finding better endings.

**Ritu Joshi**

**Bharti Chotirmal**



## Current Events

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**Monday, 23<sup>rd</sup> October**  
**Please note change of Date**

**11.00 am - 12.15 pm**

**Residence of:**

**Marietta Baretto**  
3 Lalit Building, 2<sup>nd</sup> floor  
Nathalal Parekh Marg  
Colaba  
Mumbai 400 001

**Limit: 35 members**

### **SOUNDRISE: CREATING A LIVE MUSIC MOVEMENT**

Mumbai used to have a bustling live music scene at venues such as Blue Frog, Jazz by the Bay, The Hard Rock Café & The Quarter. However, in the 2010s, many such venues were forced to close down. The COVID-19 pandemic furthered the divide between artists and audiences, with the only entertainment available being watching something on a screen. But human beings crave in-person interaction and a sense of community. Mumbai has several beautiful parks with amphitheatres built into them, and the independent music scene was exploding. So, what do you get when you put the 3 together – **SoundRise!**

**Varun Narayan** is an actor, voice artist, singer and co-founder of SoundRise. Together with 3 friends, he launched SoundRise in November 2021 to bring live music to parks & other venues in Mumbai. SoundRise has completed 40 live music gigs across venues in Mumbai, covering various genres. What started off as an experiment has grown into a movement and a win win for all!

**Neelam Narayan**

**Barbara Halusa**

To register, please call **Jiloo Billimoria** on +91 98200 54566 on **October 19<sup>th</sup>** between **10.00 am - 6.00 pm**.

Friday, 27<sup>th</sup> October

11.15 am - 12.15 pm

Zoom Meeting

The link will be posted on Whatsapp and mailed one day prior to the meeting

Guests Welcome

### INGREDIENTS IN THREE WAYS!

Today, we will learn three meals from three cuisines - Italian, Asian inspired and Middle Eastern inspired, using the same ingredients, to create well-balanced, high protein meals.

**Kamini Patel** is the founder of “Kitchen Therapy”, which consults with the food and beverage industry - hotels, restaurants and cafes, along with FMCG brands. She focuses on developing recipes based on the clients' requirements.

Kamini shares free vegetarian recipes for the home cook – using simple, available ingredients and without being too complicated. You can check out her recipes at: <https://www.kitchentherapy.in/>

Amita Sheth



Medha Chinai



## AN ONAM SADYA AT THE LEELA RESORT

Monday 30<sup>th</sup> October

11.30 am – 2.00 pm

Legends, fragrant floral art, traditional dances and a lavish Kerala banquet curated specially for the Indus ladies by the chefs at The Leela

Welcome to the *Onam Sadya* - A feast for a King and the Indus Queens!

Dress Code: White and gold Kerala sari, mundu or any outfit

REGISTRATION: 1<sup>ST</sup> TO 5<sup>TH</sup> OCTOBER

Please Whatsapp your name and membership numbers to  
A to M: Varsha Sheth - +91 9821045977  
N to Z: Rashna Doongaji - +91 9820048351

Registration details on noticeboard

Part of the proceeds from contribution will fund Indus sponsored charities



Tuesday, 31<sup>st</sup> October

11.00 am - 12.15 pm

Residence of:

**Annu Toshniwal**  
Lalit Kunj, 6<sup>th</sup> Floor  
70 Pochkhanawala Road  
Worli, Mumbai 400 030

Limit: 30 members

### A VISIT TO SPITI VALLEY AND THE GREAT HIMALAYAN NATIONAL PARK

Today, three speakers will share their experiences of travelling through two different and unique regions of the Himalayas – the Spiti Valley and the Great Himalayan National Park. Camping, trekking, homestays and engaging with local communities made their trip special, while focusing on a more ecological and sustainable approach to travel and tourism. Learn more about their unique journeys through their stunning visuals that will transport you there.

**Rachna Toshniwal**, an artist and activist trained in environmental studies, works with different art forms to express the deep connection she feels with nature and explores these connections in community and alternative healing therapies. She is the founder of “The Other Side Studio” in Alibaug - a space designed to hold workshops and gatherings related to creativity, community and consciousness.

**Rohan Shah** is a music composer, traveller, wildlife enthusiast and bass player. Based in Mumbai, he runs his own music studio and is passionate about combining nature sounds, visuals and experiences into his musical compositions.

**Preeti Rathi Motwani**, a graphic and textile designer, is an avid traveller who supports eco-sustainable tourism and projects. She has her own design firm, “MadderRed” and also volunteers to teach under-privileged children.

Sonica Arya

Radhika Singhal

To register, please call or WhatsApp **Preeti Vaswani** on +91 98216 11410 on **October 27<sup>th</sup>** between 2.00 pm - 4.00 pm

## Executive Committee 2023-2024

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### Art & Handicrafts

Perna Kewalramani  
+91 9820238123

Juliana Ballard  
+91 9152005183

### Book Discussion

Farah Raina  
+91 9820450806

Ayesha Soonawalla  
+91 9821029744

### Current Events

Neelam Narayan  
+91 9820287877

Barbara Halusa  
+91 9152240884

### Cooking Swapshop

Amita Sheth  
+91 9820031532

Medha Chinai  
+919820031885

### History, Culture & Tours

Sonica Arya  
+91 9820046682

Radhika Singhal  
+91 9820722336

### Health & Ecology

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+91 9892330121

Bharti Chotirmal  
+91 9820048890

### Philosophy & Religion

Jeannie Madan  
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Benu Parkash  
+91 9820557345

### Music

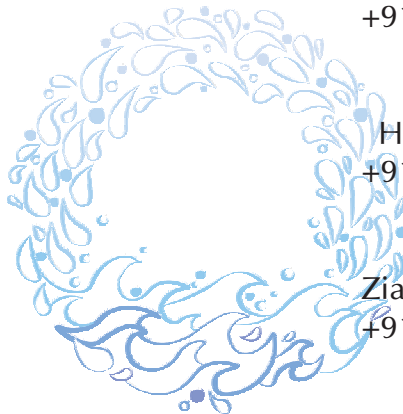
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+919820127741

Harsha Shaparia  
+91 9821113193

### Performing Arts

Sunita Nahar  
+91 9820280782

Zia Mehta  
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## Board Members 2023-2024

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tikash61@gmail.com

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