

INDUS INTERNATIONAL

NEWSLETTER NOVEMBER 2022 MONTH AT A GLANCE

Thursday	3rd	History Culture and Tours 
Friday	4th	Performing Arts
Monday	7th	Executive Meeting
Thursday	10th	Handicraft 
Monday	14th	Art 
Tuesday	15th	Philosophy and Religion
Thursday	17th	Book Discussion
Friday	18th	Health and Ecology
Tuesday	22nd	Current Events
Thursday	24th	Music
Tuesday.	29th	Cooking Swapshop. 

Change of date: 

Change of time: 

Guests allowed: 

DESK OF THE PRESIDENTS

As we approach the cooler months, our teams continue to plan more opportunities for members to create and celebrate stronger bonds of friendship within the Indus Family.

Kudos to all who made the Contributory Diwali Lunch a huge success leaving us wanting more. The 'funtastic event with "Lola Kutty" combined with familial energy and scrumptious traditional Indian food at Thackers created a memorable morning.

11 cycles of different sizes have been delivered to Shraddhanand Mahila Ashram from the proceeds of the function.

Our board and teams are planning many such events in the coming months. Fellowship with Christmas choir, picnic, another out of town trip and an Annual event get together is all in the offing.

The disbursement committee invites appeals for Indus donations so, we can continue to contribute back to the less fortunate in our community.

Next disbursements are being scheduled for end January.

Our chairladies extend themselves to organize speakers and performers for in-person meetings, giving members opportunities to attend and be involved. Sadly, we notice attendance in numbers is dwindling.

We have a long list of ladies wanting to be part of Indus activities. We request you to take time off your busy schedules to engage in your Indus membership which comes with the benefit of fun, friendship and extended family.

Embrace the chance to contribute, evolve and spread love.

Let the celebrations continue!



Sheena Kataria

Kaya Shewakramani

NOTICE BOARD

CONDOLENCES

Our deepest condolences to our member Penelope Srivastava on the sad demise of her husband.

CHRISTMAS COFFEE MORNING

The in person Christmas Fellowship is scheduled for **14th December 2022.**

If you would like to participate/contribute in anyway, please contact the Vice Presidents **Priya Mehta** on 9819131406 or **Marietta Barreto** on 9822004421.

TRAVEL

The Presidents & Travel Committee propose the following options for a short trip in February 2023:

- Omkareshwar – Mandu – Maheshwar
- Gwalior – Panna National Park

Please do SMS or WhatsApp your preferences by November 15th along with your name to:

Annu Toshniwal
9820068100

Dina Desai
9820231010

Indira Kilachand
9820057219

HOMES FOR IN PERSON MEETINGS

Members willing to host in person meetings please contact the Vice Presidents:

Priya Mehta 9819131406
Marietta Barreto 9822004421

DATABASE CHANGES FOR NOVEMBER 2022

New Members

Barbara Halusa GERMAN H96
Taj Wellington Mews Apt 401
Nathalal Parekh Marg
Colaba, Mumbai 400 001

Mobile: 91 522 40 884
Email: barbara.halusa@gmail.com

Christina Mirani AMERICAN MN2
Sagar Mahal, 51/J Bhulabai Desai Road
Mumbai 400 026

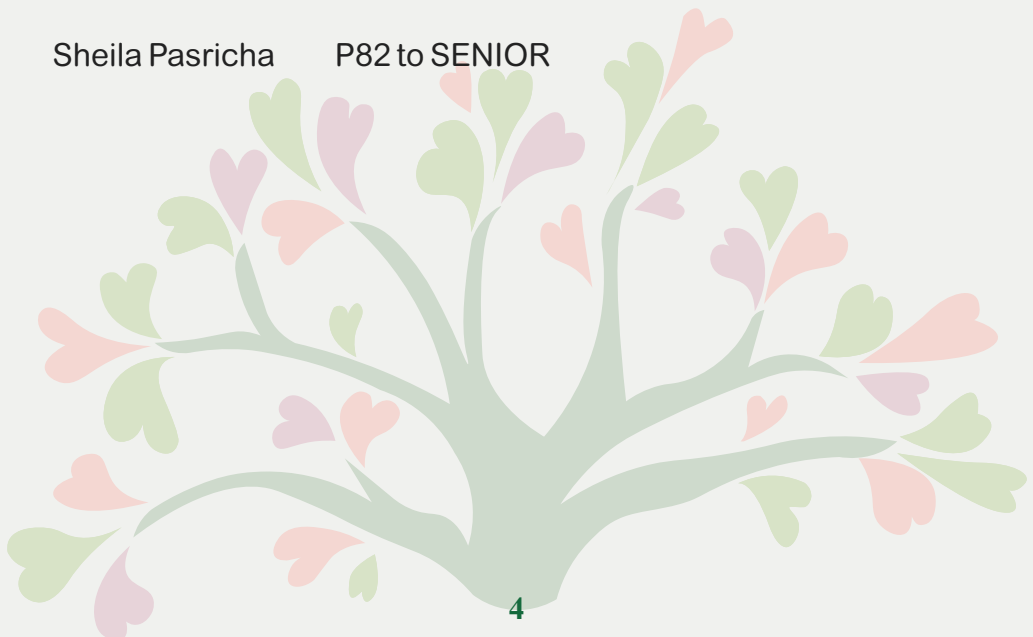
Mobile: 704 520 1350
Email: chris.mirani@gmail.com

Change of Mobile

Yasmin Achrekar A01
Mobile: 99 208 28 514

Change of Status

Sheila Pasricha P82 to SENIOR





INDUS

CHRISTMAS
MARKET
ADENWALA BAUG

DECEMBER

14

11AM

TO VOLUNTEER CALL
Marietta Barreto: 9822004421
Priya Mehta: 98191331406

SALE OF SPECIAL
CHRISTMAS SWEETS, TREATS
DECORATIONS & MORE!

ENTERTAINMENT BY
THE INDUS CHOIR

BIRTHDAYS FOR NOVEMBER

Wishing all our members Best Wishes on their special day
 “gelukkige verjaardag” (Dutch)

BIRTHDAYS						
November 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 1 Anjali Khosla	 2 Sunita Khandelwal			 3 Charu Shah
6	 7 Shireen Desai	8	9	 10 Gauri Marwah Shalza Jhunjhunwala	11	12
13	 14 Maya Merchant	15	16	 17 Miriam Batiwala	 18 Rachita Kapur	 19 Anuradha Pittie Rachel Ween
20	 21 Varsha Setti	 22 Dinoo Parakh	 23 Salome Roy Kapur Rachel Bhot Shibani Gandhi	24	 25 Tanaz Comissariat	 26 Veena Nag Renuka Ramnathkar
27	 28 Neena Patel	 29 Arti Sanghi	 30 Veena Kalra			

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

HISTORY CULTURE AND TOURS

Thursday, 3rd November 11:00 a.m- 12:15 p.m
(Please note change of date)

In Person Meeting

Residence of:

Nisha Mehta
A2301 Raheja Vivarea
Sane Guruji Marg, Jacob Circle
Mahalaxmi
Mumbai – 400 011

There is a lift at the premises.

A Tour of Poland

Poland is a fascinating country that serves as the geographical and cultural crossroads of Eastern and Western Europe. It has been a nation of survivors through its turbulent history. Come Meet **Mr Damien Irzyk**, the Polish Consul General in Mumbai, as he talks to us about this fascinating fast developing country.

Varsha Sheth

Sheetal Patel

PERFORMING ARTS

Friday 4th Nov

11.00 a.m -12.15p.m

In-person meeting:

Venue :

**Tulsiani Chambers
Studio 23 , Gr. Flr
Nariman Point
Mumbai 400021**

Limit: 40 ladies

Charge: Rs.200/-

Dance Sudoku with Salome

Line Dancing is a great form of exercise, especially for older adults. It provides an abundance of health benefits for the heart, to maintain its functional capacity as well as mental well-being, a sure shot formula to staying young.

Our very own **Salome Roy Kapoor**, has christened it **Dance Sudoku**, and will guide us through two dance routines – “the electric slide” and “the cupid shuffle”.

Ladies , an opportunity not to be missed! Please put on your dancing shoes and attend this exhilarating morning!

To learn dancing from Salome herself.....!!!!

Gopi Vaid

Neeru Mehra

Registrations :-

Nilima Patel (98216 83924) 1st Nov 11 – 1pm and 4 – 6pm

Anita Hamlai (98332 65754) 2nd Nov 11 – 1pm and 4 – 6pm

EXECUTIVE MEETING

Monday 7th November

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 **December** meeting latest by **10th December 2022** to both:

Priya Mehta

priya.n.mehta@gmail.com

Marietta Barreto

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

ana.d.panandiker@gmail.com

Priya Mehta

Marietta Barreto

HANDICRAFT

Thursday 10th November 11.00 a.m – 12.15p.m
(Please note change of date)

In-person meeting

Residence of:

Sangeeta Katariya
24 St. James Court
Marine Drive
Mumbai 400020
(building at the turn of CCI Club
signal when coming from
Chowpatty)

Guests welcome

Making Bach Flower Remedies

Join us for a crafts meeting with a difference! The Bach remedy system was discovered in the 1930s by Dr Edward Bach. Bach Remedies are made from specific flower extracts and a combination of different essences to make each remedy. There are 38 different remedies available with each remedy made to respond to a particular emotion such as anxiety, fear, apathy or self-confidence.

Vaitika Advani is a Bach Foundation Internationally Registered Practitioner who trained with the Bach Centre UK. Vaitika will show us a selection of Bach Remedies, discuss how they are made using which flower extracts and how she uses them in her practice of integrative counselling.

Shabana Abdulkarim

Helen Craggs

ART

Monday 14th November

11.00 a.m – 12.15 p.m

(Please note change of date)

In Person Meeting:

Venue

Gallery IF,BE
10-12, Calicut Road
Ballard Estate
Fort Mumbai 400001

Limit: 50 ladies

Hermès – IN MOTION

Hermès is a French luxury design house established in 1837, that specialises in leather goods, lifestyle accessories, home furnishings, perfumery, and other accessories.

The Hermès Heritage cycle of touring exhibitions explores the story of the House from its origins to the present day. We will be presenting the third chapter in the series

– IN MOTION, dedicated to objects on wheels.

In Motion offers a unique balance between values and history, between modernity and roots. Objects on display have been carefully and lovingly gathered from the Hermès' archives and conservatory, the Emile Hermès Collection and Hermès' contemporary collections.

Rohima Sequeira will be delighted to take us on a special walk through the enthralling exhibit.

Rashna Doongaji

Kanchan Khubchandani

Registration: Rekha Chabria (9820159594)

2nd November 10am -12 pm & 4pm- 6pm.

Please call during the stated time only.

PHILOSOPHY AND RELIGION

Tuesday 15th

11:15 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

KRISHNA - THE FEMINIST

In our contemporary world, feminism holds an important place. Traditionally in India, we have tried to understand the duality of male Purusha and female Prakriti.

Acharya Shri Shrivatsa Goswami in his discourse, will take us on an interesting journey of how Sri Krishna as the Parama Purush, interacts with the feminine in his Lilas.

Acharya Shri Shrivatsa Goswami is a leading scholar of Hindu philosophy in the Vaishnava tradition. Shri Goswami comes from a family of eminent scholars and spiritual leaders at the Sri Radharamana Mandir of Vrindavan. He is the author of several books, including 'Celebrating Krishna'. Shri Goswami is a visiting scholar to several universities, including Harvard, Heidelberg and others and is one of the Honorary Presidents of the New York based world body 'Religions for Peace'. He was honored by the President of India with the lifetime award of the Sangit Natak Akademi for scholarship and service to Indian culture.

Dipika Shroff

Neelu Kapur

BOOK DISCUSSION

Thursday 17th

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

In Person Meeting

Residence of

Gayatri Bewoor
27 B Sterling Apartments
14th Floor
Pedder Road
Mumbai 400020

ATAL BIHARI VAJPAYEE, INDIA'S MOST LOVED PRIME MINISTER BY SAGARIKA GHOSE

Written by award-winning journalist and author, Sagarika Ghose, 'Atal Bihari Vajpayee, India's Most Loved Prime Minister', gives an in depth look into the life and times of Vajpayee.

A deeply researched work, with insights and anecdotes from his closest friends, the book draws a portrait of the man who was not only a “spellbinding orator, coalition builder, wise statesman, benevolent father figure”, but also “a bundle of contradictions”.

Author **Sagarika Ghose** will join us today to talk about Atal Bihari Vajpayee's biography. This will be followed by a Question and Answer session with the author.

Lubaina Soares

Sharmeen Maskati

HEALTH AND ECOLOGY

Friday 18th November

11.15a.m - 12.15p.m

In Person Meeting

Residence of:

Zia Mehta

Empress Court, 4th Floor
(Next to K.C College)
M. Karve Road,
Mumbai 400020

Vision Yoga

Vision Yoga was designed in the year 1997 by Viram Agrawal with a mission "Better Eyesight at any age". He has studied and researched at the Sri Aurobindo School for Perfect Eyesight after which he has designed the course and exercise tools.

People from all walks of life and all age groups from 4 years to 90 years have benefitted immensely from these simple yet powerful eye exercises

He has been in this field since 1997 and has educated over eleven thousand people on restoring, maintaining and improving natural vision. He has held talks and workshops at internationally acclaimed institutes and social welfare organizations like IIT Powai, Tata Institute of Fundamental Research (TIFR), National Association for the Blind (NAB), Mumbai Education Trust (MET), various Rotary Clubs and Lions Clubs. He has been a speaker at the World Conference of Alternate Medicine. Join us for an interesting in person meeting

Neeta Merchant

Namrata Singhania

CURRENT EVENTS

Tuesday 22nd

11.00 a.m – 12.15 p.m

In-Person meeting

Residence of

Lyla Mehta
Marble Arch, 1st Floor,
52 Peddar Road,
Mumbai 400026
Lift available

Guests welcome

“Love your heart” – All you need to know about a heart attack

Dr. Anand Somaya completed his medical studies at the prestigious Armed Forces Medical College in Pune. He joined the army and spent two years in Ladakh treating multiple casualties of the 1971 Indo Pak War. His operation theatre was located at 17000 ft which at that time was considered to be the highest in the world. After serving for eight years in the Army as a General Surgeon, he did several international fellowships in the US and the UK. Since the early 1980's he has been associated with the Bombay Hospital.

Today's talk is intended to highlight the most dreaded cardiac disease otherwise known as a “heart attack”. Dr. Somaya will, in simple language tell us what a heart attack actually means, emergency treatment that could be done at home before the patient is transferred to a hospital and what treatment the patient will expect to undergo when he is admitted there.

Dr. Somaya will also explain all the risk factors that contribute to causing a heart attack as well as certain steps that can be taken to try and prevent it.

Anjali Mathur

Selma Kriegneri

MUSIC

Thursday 24th

11:00 a.m – 12:15 p.m

In Person Meeting

Residence of:

Priti Choksey
Gitanjali, 9th Floor,
Off Gamadia Road,
MUMBAI 400026

SING ALONG AND SHAKE A LEG

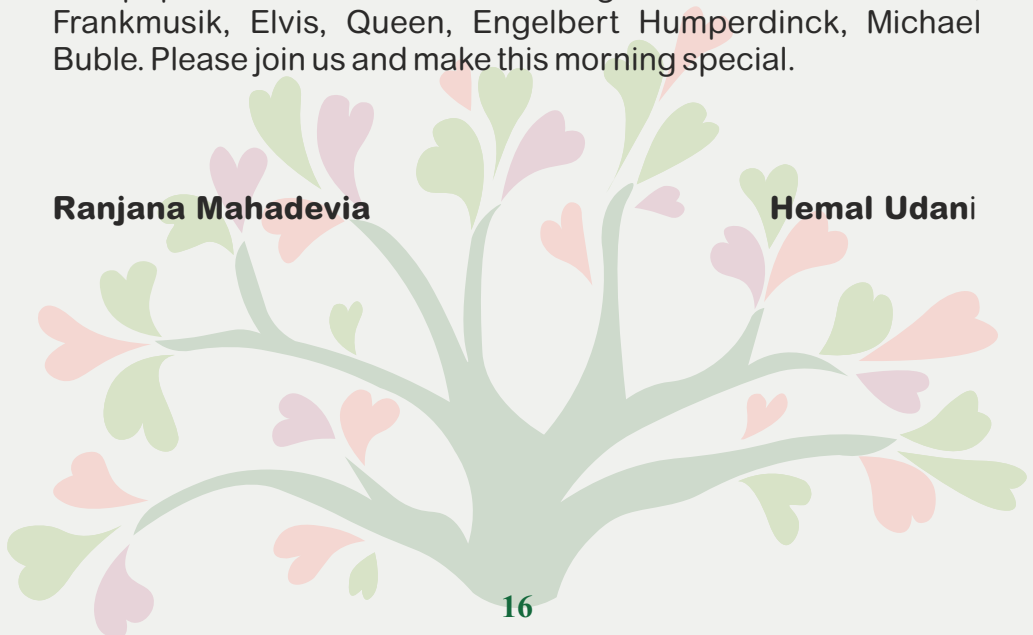
Hailed as a “Tech Guru”, **Cyrus Dubash** is an Apple Computer Trainer and Consultant, who empowers people to get Tech Savvy. He is also a Salsa Dancer and a licensed Pilot. He has also lent his voice to raise funds for the underprivileged.

Most of all, he is a passionate singer, who has given several performances and judged competitions for schools and colleges.

Today, Cyrus will enthrall our morning with his romantic, soulful and popular hits. He will be covering artists like Ed Sheeran, Frankmusik, Elvis, Queen, Engelbert Humperdinck, Michael Buble. Please join us and make this morning special.

Ranjana Mahadevia

Hemal Udani



COOKING SWAPSHOP

Wednesday 29th November 11.15 a.m to 12.15 p.m
(Please note change of date)

In Person Meeting

Residence of

Isha Kedia

Orbit Arya, 24th floor
Bomanji Dharabsha Road
Opp St Stephens Church
Mumbai 400026

I PLATE IT UP

Today we have **Pinky Saraf**, a cooking enthusiast since the tender age of 12!!

Her low fat whole wheat sandwiches which she nicknamed “Macarena” were very sought after even then !!

Her passion for creative cooking resulted in her brainchild..I PLATE IT UP.

I Plate It Up specialises in multi cuisine fare like Italian , Oriental, Fusion and more...

The most talked about and fancied signature dishes of I Plate It Up are her oriental curries and fusion Indo Italian dish i.e. gnocchi in makhani sauce to name a few.

For dessert, the Tiramisu and the sugar free high protein collagen induced Carrot Cake are what the regulars swear by.

Today she will be sharing her recipes and cooking experiences with the members and will be demonstrating the art of making Tiramisu and two of her signature appetisers.

Enjoy Ladies !!

Registration: Anuradha Pittie (982142181)
Saturday 26th November 10.30am-12.30pm.
Please call during the stated time only.