



FEBRUARY 2024

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
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Nariman Point
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Indus International

February at a Glance

DATE	ACTIVITY	SPEAKER	VENUE
Friday 2 nd	Performing Arts	Hemant Chaturvedi	Sunita Nahar 51/52 Infinity Tower Narayan Dabholkar Road
Monday 5 th	Executive meeting		Hema (Tinu) Shanghvi 12 C Woodlands Peddar Road
Friday, 9 th	History Culture & Tours	Manek Premchand	Jehangir Art Gallery M G Road, Fort
Sunday 11 th	Annual Event		Imperial Club by Leela South Tower, 8 th Floor Tardeo
Tuesday 13 th	Art & Handicrafts		CSMVS Prince of Wales Museum M G Road, Fort
Tuesday 20 th	Philosophy & Religion	Aditi Kuruwa	Preeti Maria Theatre Raheja Vivarea Auditorium, Tower E Sane Guruji Marg
Thursday, 22 nd	Book Discussion	Maya Merchant	Madhuri Amin White House Compound 91 Walkeshwar Road
Friday 23 rd	Health & Ecology	Tanisha Goveas	Rina Kapadia 91 Las Palmas, 9 th floor Little Gibbs Road #2 Malabar Hill
Tuesday 27 th	Current Affairs	Laurien Meuter	Rieke Cadee Haveli Apt, 5 th floor L D Ruparel Marg
Thursday 29 th	Music	Kamakshi & Vishala	Seema Singh 11 Park View, 3 rd floor Little Gibbs Road Malabar Hill



From the Desk of the Presidents

Another year has flown by and looking ahead we have the next few months packed with a busy schedule.

We have the Indus annual picnic, our annual event and the annual quiz planned. We have also had an overwhelming response to our upcoming trip to South Korea.

The Membership and Disbursement committees will be meeting soon to discuss the distribution of funds to deserving causes; so do send in any last minute donations or appeals. The Nominating committee meeting has been scheduled; so any nominations for next year's Board members may be sent directly to the Presidents, in writing.

We are also looking for successors to our outstanding chairladies and we remind members that this is an opportunity to get actively involved and the best way to foster friendships within our organization; so do come forward and volunteer.

We are looking forward to the last few months of the Indus calendar, full of interesting meetings and celebrations.

Hema (Tinu) Shanghvi

Pervin Poonawala



Upcoming Events

THE INDUS ANNUAL EVENT

Sunday 11th February

12:00 pm onwards
The Imperial Club by Leela
Dining Room,
The Imperial Club House
South Tower, 8th floor
B B Nakashe Marg, Tardeo
Mumbai 400 034

Join us for a delightful midday rendezvous, brimming with laughter and a delectable spread. Don't forget to add a dash of flavor to the afternoon by bringing your spouse/partner along.

Charges: Rs 1850/- per head.

Registration: before 1st February

Please WhatsApp Neeru Mehra +91 98200 27653 or Yasmin Assur +91 98200 51448

Payment: before 1st February to

- 1) Pervin Poonawala
- 2) Tinu Shanghvi
- 3) Armaity Sumariwalla
- 4) Amisha Himatsingka

THE INDUS ANNUAL QUIZ

Topic: Luxurious Fashion

Date: Thursday, 14th March

Time to brush up on your knowledge of the good things of life!

Ladies, we look forward to your participation in the Indus Annual Quiz. A time to snigger over your proficiency – or laugh at your lack of it - in the world of designers, clothes, jewelry and high-end living.

We are looking for 12 fun loving ladies to participate.

Please WhatsApp Armaity Sumariwalla +91 98202 84858 or Vidya Srinivas +91 98699 18348

DISBURSEMENT OF INDUS FUNDS

Indus International is getting ready to disburse the funds we have raised. While we have received requests for funds from charities, if any member would like to recommend a deserving charity (an NGO having a valid 80G certificate), please email the appeal to the Presidents by 31st January 2024.

CONTRIBUTIONS TO CHARITIES

We are still accepting donations to fund our various charities. All cheques to be made in favour of Indus International, and should be given to the Presidents by January 31st. **Our accountants will issue 80G tax certificates.**

NOMINATIONS FOR THE BOARD

We invite nominations for 2024 - 2025 Board Members. The Nominating Committee will be meeting shortly. If anyone wishes to propose an active member for a position on next year's board, kindly take her consent and submit your proposal in writing to the Presidents or Chairperson of the Nominating Committee.

NOMINATING COMMITTEE

- 1) Sarita Agarwal - Chairperson
- 2) Pervin Poonawala
- 3) Hema (Tinu) Shanghvi
- 4) Kaya Shewakramani
- 5) Sheena Kataria
- 6) Nicola Gerber
- 7) Maria Bharwani



Notice Board

NEWSLETTERS

Monthly newsletters will be sent by Email and WhatsApp. Please contact the Vice Presidents if you have not received your newsletter.

ZOOM MEETING RULES

- 1) No entries post 11:25 am
- 2) All Cameras on at 11:10 am and at the end of the meeting at 12:15 pm.
A screenshot will be taken. Only those members on that screenshot will be given attendance.

CONDOLENCES

Our deepest condolences to Anju Sethi on the sad demise of her beloved mother.

Our deepest condolences to Nisha Agarwal on the sad demise of her dear father.



Data base changes for february 2024

Change of Email

Rita Pinto	P16	monaesha@gmail.com +91 98202 85986
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Change of Status

Janna Advani	A75	Senior
Jyoti Jasani	J50	Senior
Ana Panandiker	PA9	Non-Resident
Isabelle Bonsigneur	BE4	Resigned
Rachel Wawn Kurien	W45	Resigned



Friday, 2nd February

11:00 am – 12:15 pm

Residence of:

Sunita Nahar
51/52 Infinity Tower
Narayan Dabholkar Rd
Off Nepean Sea Road
Mumbai 400 006

A MORNING WITH HEMANT CHATURVEDI

Hemant Chaturvedi spent over 30 years working as a cinematographer in Mumbai, before moving away from the profession in 2015. His cinematography credits include films like Company, Makdee, Maqbool, 15 Park Avenue, Ishaqzaade, Kurbaan, Brothers, and even an animated film called Arjun the Warrior Prince.

He returned to full time still photography and now only works on his own projects. These range from Dhruvad Gurukuls to the documentation of the sesquicentennial of his Alma Mater, St.Xavier's College, Mumbai. He has also documented old British era cemeteries, Zoroastrian Aram Grahs, abandoned Hindu idols and India's single screen cinema heritage,

The Single Screen Cinemas Project is the largest photo-documentation ever attempted on a subject like this, anywhere in the world. Hemant drove around 40,000 km alone in his jeep, visiting 17 states and over 800 towns. He photographed over 1000 single screen cinema theatres.

Sunita Nahar



Zia Mehta

Executive Meeting

Monday, 5th February

11:00 am - 12:15 pm

Residence of:

Hema (Tinu) Shanghvi
12 C Woodlands
Peddar Road
Mumbai 400 026

Ladies, please email a copy of the blurb for your March meeting, latest by 10th February, 2024, 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.

Nicola Gerber: nicola@fusionstudio.eu

Christina Mirani: chris.mirani@gmail.com

Armaity Sumariwalla

Vidya Srinivas



History, Culture & Tours

Friday, 9th February

4:00 pm - 5:15 pm

PLEASE NOTE CHANGE IN TIME

Location:

Jehangir Art Gallery

(meet at the steps)

M G Road, Kala Ghoda

Mumbai 400 001

Limit: 30 members

A WALK THROUGH MUMBAI'S ICONIC FILM AND MUSIC HISTORY

A unique experience awaits us as we embark on a specially curated guided walk today. We begin at the Jehangir Art Gallery and go through Kala Ghoda, past the Prince of Wales Museum and Regal Cinema onto the waterfront, past the Gateway of India and conclude at the Radio Club. Mumbai is known as India's movie capital, and the focus will be on the city's film and music history and its connection to these areas.

Our guide today is **Manek Premchand**, a writer and historian of film music, who teaches broadcasting at St. Xavier's College's Xavier Institute of Communications. Manek has led many groups of students and historians in exploring Mumbai's deep connections with the arts. In July 2022, he conducted a field trip identifying where the first cinema was shown in India, and also from where the first radio signals were sent. Manek regularly writes for publications such as the *Hindustan Times*, *Deccan Herald*, *Mumbai Mirror* and *DNA*. He has also written numerous books, including *Yesterday's Melodies - Today's Memories*, *Musical Moments from Hindi Films*, *Romancing the Song*, *Hitting the Right Notes* and several more.

Ladies, join us to learn more about Mumbai's film and music history, while being amused and entertained by Manek's treasure-trove of stories and anecdotes!

Please wear comfortable clothes, a hat and walking shoes.

Sonica Arya

Radhika Singhal

To register, please WhatsApp **Anahita Havaldar** on 98201 43231 on **Wednesday, February 7th**, between 11 am - 1 pm. There will be a charge of Rs 200 per head.



*A lunchtime rendezvous:
Where friendship and
flavours converge*

Indus Annual Event

*Join us for a midday escape filled
with laughter and a delicious spread*

SUNDAY

11

AT 12:00 PM

FEBRUARY

Spice up the afternoon by bringing your spouses along!

The IMPERIAL CLUB BY LEELA - Dining Room
The Imperial Club House
8th floor - South Tower
B B Nakashe Marg
Tardeo, Mumbai 34

Tuesday, 13th February

11:00 am – 12:30 pm

Location:

Chhatrapati Shivaji Maharaj
Vastu Sangrahalaya
(Prince of Wales Museum)
M G Road, Kala Ghoda
Fort, Mumbai 400 001

Limit: None, but ticket purchase is required

ANCIENT SCULPTURES: INDIA, EGYPT, ASSYRIA, GREECE, ROME

Join us at CSMVS (Prince of Wales Museum) for a guided walk-through of the Ancient Sculptures exhibition. The exhibition themes explore traditions that shaped ancient cultures, many of which continue to dominate aspects of our society today - the role of nature in human lives, the divine form, and ideas & paradigms of beauty. Objects representing the cultures of ancient Egypt, Assyria, Greece and Rome have been loaned from partner museums and CSMVS has made available its Indian sculpture gallery, representing 3000 years of Indian art, with select loans from Indian institutions like the National Museum, Delhi, the District Museum, Vidisha and the Bihar Museum, Patna.

Members need to pre-purchase a ticket online (<https://booking.csmvs.in/>) or arrive early enough to purchase a ticket at the entrance.

Juliana Ballard

Perna Kewalramani

For those who need assistance purchasing tickets, Neeru Mehra will be available at the ticket counter between 11:00 am and 11:20 am.

Tuesday, 20th February
PLEASE NOTE CHANGE IN TIME

10:45 am - 12:30 pm

Venue:

Preeti Maria
Theatre Raheja Vivarea
New Auditorium, Tower E
Sane Guruji Marg
Jacob Circle
Mumbai 400 011

Limit: 35 Members

MOVIE SCREENING: *A LEAP OF FAITH*

A Leap of Faith is the true story of how a puny little boy became the worldwide phenomenon known today as BKS Iyengar, and brought health and happiness to millions across the globe.

It's an adventure like no other because it's the story of how one so deeply affected by physical malaise, undertook the journey within. He cured his physical ailments and infirmities with the precision of a surgeon. By excelling in the science of Yoga, he transformed the body right down to the cells, through incisive attentive awareness. In doing so, he discovered new worlds within, arriving at the zenith of the yogic adventure, the very core of his being, the blissful state of pure consciousness.

Directed by **Aditi Makim Kuruwa** and narrated by Naseeruddin Shah, this documentary spans 9 decades of BKS Iyengar's life and over 70 years of his practices and teachings. It shows him as a guru, teacher, husband, father and shishya – a multifaceted personality. Kuruwa will be present to answer questions after the screening.

Dr. Jeannie Madan

Benu Parkash

To register, please WhatsApp Christina Mirani +91 70452 01350 on Thursday, 15th February between 1:00 pm - 3:00 pm.

Thursday, 22nd February

11.00 am - 12.15 pm

Residence of:

Madhuri Amin

White House Compound
91 Walkeshwar Road
(Opposite German Laundry)
Mumbai 400 006
**(Parking not available –
please carpool)**

Guests Welcome

THE COVENANT OF WATER – BY ABRAHAM VERGHESE

A shimmering evocation of a bygone India and of the passage of time itself, **The Covenant of Water** is a hymn to progress in medicine and to human understanding - a humbling testament to the difficulties endured by past generations for the sake of those alive today.

Selected for *Oprah's Book Club*, among other honours, it follows a family in south India where, in every generation, at least one person dies by drowning. There's also a young doctor from Glasgow and another from Sweden among a myriad of well etched characters.

Abraham Verghese, who is a doctor and an amazing storyteller, weaves all the characters together beautifully. The story is exquisitely rendered and extensively researched. One can almost smell the humid lushness of Kerala, the cool mountain air, yummy food and the heat of Madras.

The novel flows like a river with intricate details of places and characters. Every character has a purpose. It is also an ode to the strength, resourcefulness and determination of women.

Maya Merchant will lead the discussion on this book; so do read it and come with your views, for a lively and fun discussion.

Ayesha Soonawalla

Farah Raina

Friday, 23rd February

11:00 am - 12:15 pm

Residence of:

Rina Kapadia
C/o Thadani
91 Las Palmas, 9th Floor
Little Gibbs Road #2
(Behind Cathedral Infant School)
Malabar Hill
Mumbai 400 006

NAVIGATING THE DEPTHS: UNDERSTANDING AND OVERCOMING YOUTH DEPRESSION

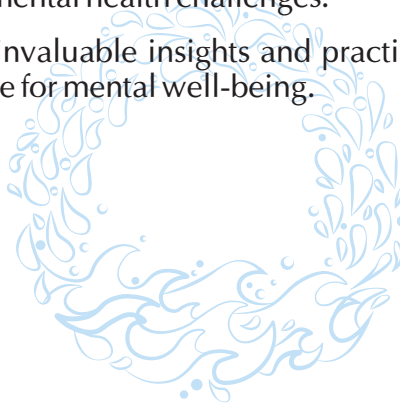
Depression among young people is a profound challenge, encompassing intricate causes, strategies for overcoming it, and the pivotal role families play in offering support. During this talk, delve into the depths of this crucial topic, exploring its multifaceted nature and the pathways towards healing and resilience.

Our speaker, **Tanisha Goveas**, is an accomplished mental health practitioner with a deep-rooted commitment to understanding and addressing mental health issues. Armed with a Bachelor's in Psychology from Fergusson College in Pune and a Master's from the University of Mumbai, she has honed her expertise through continuous learning via workshops, certifications and engagements with various esteemed organizations. With a passionate drive to raise awareness about mental health and emphasize the importance of community support, she has dedicated her career to empowering individuals facing mental health challenges.

Get ready to gain invaluable insights and practical advice from this passionate advocate for mental well-being.

Ritu Joshi

Bharti Chotirmal



Tuesday, 27th February

11:00 am - 12:15 pm

Residence of:

Rieke Cadee

Residence of the Consul General
of the Netherlands
Haveli Apartments, 5th floor
L D Ruparel Marg
Malabar Hill
Mumbai 400 006

Limit: 30 Members

HOW WE CAN CREATE A MORE EQUAL WORLD

Tiny Miracles is an Amsterdam and Mumbai-based foundation and award-winning social empowerment enterprise, founded by Laurien Meuter. 'After 10 years of trial and error, we have found a scalable way to create a more equal world by helping underserved communities create a place for themselves in the economy, fostering education and building awareness'.

Laurien Meuter worked as a banker in Amsterdam, the Netherlands for many years.

She had previously lived in India as an expat and was greatly moved by the poverty she saw from volunteering in slums on the weekends. This life-changing trip spurred her to think deeply about what role she could play in ending unnecessary poverty. Through this, Tiny Miracles was born. Today, her work focuses on the less fortunate in the world. Her mission? To help 1 million people break their poverty cycle and stay out of it.

Laurien Meuter will talk about how it all started, the story and the projects of Tiny Miracles and her vision to create a more equal world.

Neelam Narayan

Barbara Halusa

To register, please WhatsApp **Madhavi Shah** on 98829 50153 on 23rd or 24th February, between 10:00 am - 5:00 pm.

Thursday, 29th February

11:00 am - 12:15 pm

Residence of:

Seema Singh

11 Park View, 3rd floor
Little Gibbs Road
Malabar Hill
Mumbai 400 006

Limit: 35 Members

RAGAMALA - STORIES OF SOUND

Translated literally as 'Garland of Ragas', our production Ragamala is a classic example of the amalgamation of art, poetry and classical music in medieval India. While the medieval painters interpreted music through colours and strokes, 'The Sound Space' adds a dimension to this treasure by interpreting the paintings through Indian classical music and, for one piece an Indian classical dance too!

The concert will bring these paintings alive by depicting the deep connection between Indian classical music, miniature paintings, devotional poetry and worship of the divine in human form. Ragamala - Stories of Sound, is an ode to the depth of human imagination, where artistes can picture sound, sing visuals and dance emotions.

The Sound Space has a greater vision for this extraordinary production. It will be performed by **Kamakshi Khurana and Vishala Khurana** of The Sound Space and their students.

Seema Singh

Harsha Shaparia

To register, please WhatsApp **Minakshi Todi** on +91 98704 25257 on **Monday 19th February** between 11:00 am – 2:00 pm or 3:00 pm – 5:00 pm

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

Executive Committee 2023-2024

Art & Handicrafts

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+91 9820238123

Juliana Ballard
+91 9152005183

Book Discussion

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Ayesha Soonawalla
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Current Events

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Barbara Halusa
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Bharti Chotirmal
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Philosophy & Religion

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Benu Parkash
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Music

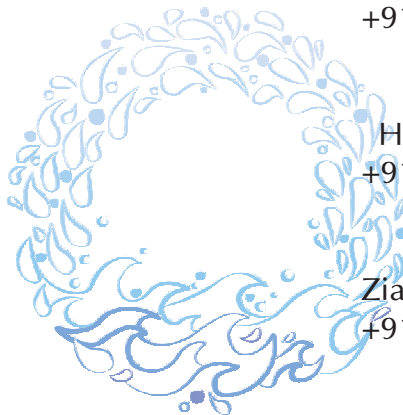
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Zia Mehta
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Board Members 2023-2024

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