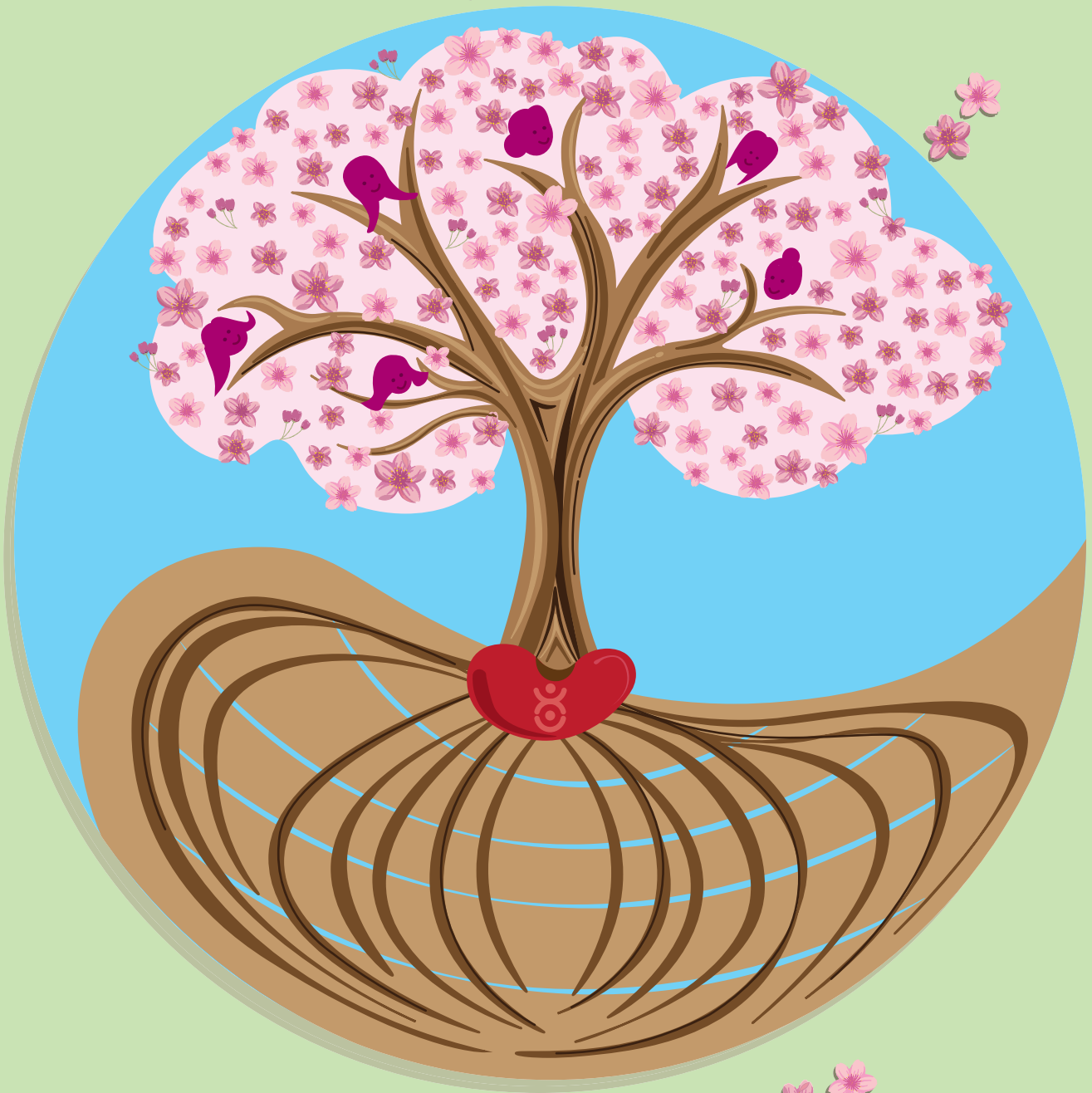




2024-2025



Involve, Evolve

AUGUST 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  
DBS Business Centre  
213 Raheja Chambers, 2nd Floor  
Free Press Journal Marg  
Nariman Point  
Mumbai 400 021

**Website:** [www.indusinternational.org](http://www.indusinternational.org)

**Email:** [membershipindus@gmail.com](mailto:membershipindus@gmail.com)


**Instagram:** indusinternational Mumbai  
Indus International



# August at a Glance




DATE	ACTIVITY	SPEAKER	VENUE
Friday 2nd	Performing Arts	Sridhar Rangayan	Annu Toshniwal Lalit Kunj, 6th Floor 70 Pochkhanawala Road Worli Mumbai 400030
Monday 5th	Executive Meeting		Sheena Kataria Shiv Shanti Bhuvan 4th floor 146 Maharshi Karve Rd Opposite Oval Maidan 11th building after Eros Theatre, Churchgate Mumbai 400020
Thursday 8th	Book Discussion	Sooni Taraporevala	Ranjana Mahadevia E11, Sea Face Park Bhulabhai Desai Road Breach Candy Mumbai 400026
Friday 9th	History and Culture	Sohail Rekhy	Mikki Hariani Bungalow no 3 Grand Paradi Behind Shalimar Hotel Kemps Corner Mumbai
Tuesday 13th	Arts and Handicraft	André Baptista	47-A Design Gallery 47-A, Khotachiwadi Ambewadi Girgaon, Mumbai 400004
Friday 16th	Cooking Swapshop/ Health and Ecology	Nimisha Khatau	Vandana Kanoria Bhagwati Bhavan 3rd floor 31-B Carmichael Road Mumbai 400026
Tuesday 20th	Philosophy and Religion	Persis Vatcha	Parnika Khanna 4A, Woodlands, 4th Floor, Pedder Road (Opposite Vama) Mumbai 400026
Thursday 22nd	Music	Meenal Bhide	Mala Sampat 91 Urvasi 66 Napean Sea Road Mumbai 400006
Tuesday 27th	Current Events	Subhash Talekar	Tinu Shanghvi 12C, Woodlands Peddar Road Mumbai 400026



# From The Desk of The Presidents

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The month of August starts with a lot of interesting meetings!

But before we go to August and beyond, we must mention the July combined meeting of Performing Arts and Book Discussion which was highly memorable!! The senior members were out in all their costumes and finery and performed like seasoned thespians to an audience of more than 50 members who were present to cheer them on. The performance was riveting. See the next page for a write-up and a photo!

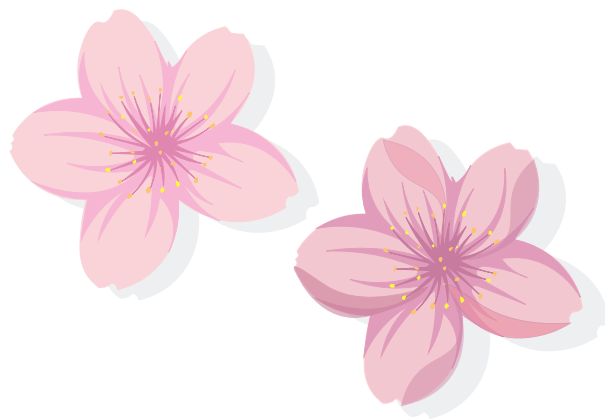
Moving on to August, one of the meetings is with the representative of the Dabba Walla fraternity. They run a charitable organization called The Roti Initiative which does exemplary work and our members can help and contribute towards their efforts.

**\*Members are again requested to make sure that their membership fees are paid.\***

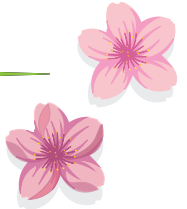
Take a breath this month, as from September onwards our vice presidents have a line up of exciting and entertaining events every month.

**Medha Chinai**

**Soledad Gramajo**



# Seniors Event



The July joint meeting of Performing Arts & Book Discussion was a dramatized play reading, "THE POETASTERS OF ISPAHAN" in verse by our ever-so-young Senior Members at the residence of Nisha Mehta. Our dear **Bachoo Rao** had acted in the same play, in the 1950s when in college, as the character, HALLAJ (the young and dashing educated poet) and she portrayed the same role at this reading too.

We had an attendance of 52 members and many who attended were our senior members who had come to cheer their fellow senior participants. So this was truly a SENIORS EVENT!!!

Our talented **Jinx Akerkar** who was in the audience, after watching the play penned:

"Oh me oh my  
From laughter I did cry  
This morn at Indus where I sat  
Not knowing to expect what.  
I took my seat in real high hope  
With eyes and ears both fully ope.  
You ladies took my breath away,  
Fantastic stars, in every way,  
The lines to speak were difficult,  
Some words' meanings a bit occult!  
And you mastered it so well,  
T'was difficult to really tell,  
That, tho Sarah Bernhardts you are not,  
Your acting skills are truly HOT!  
So, thanks dear friends, all and one,  
For a morning filled with SO MUCH FUN."





# Travel

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The Travel Committee is pleased with the enthusiastic response to the River Danube Cruise embarking on 23 September 2024. At the group's suggestion, the trip has been extended with a pre-cruise night in Bucharest and a post-cruise stay in Budapest.

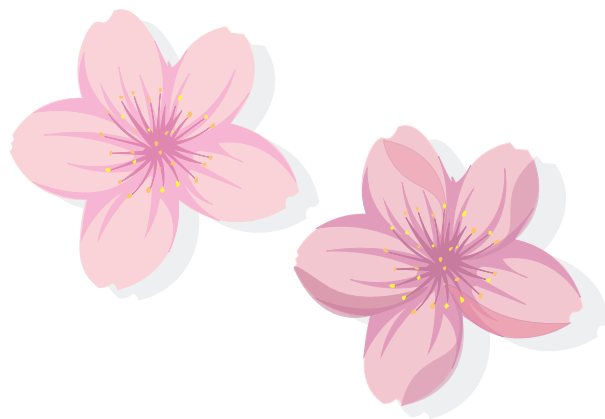
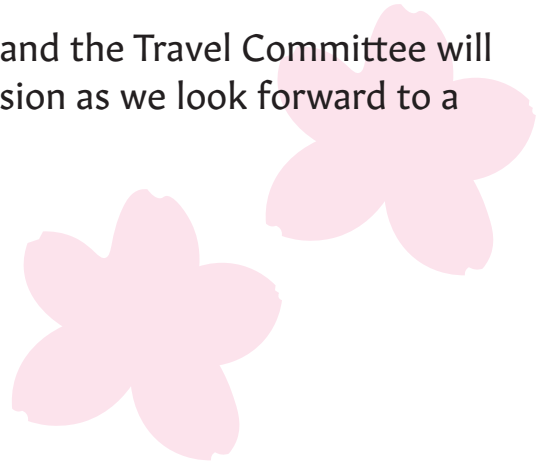
Avalon Waterways, Leo Travel, the cruisers, and the Travel Committee will soon meet for an information exchange session as we look forward to a wonderful trip!

Gauri Marwah – 98339 89941

Radhika Singhal – 98207 22336

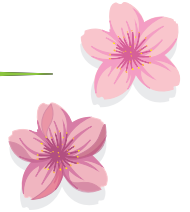
Sangeeta Katariya – 93201 27691

Sheetal Patel - 98200 58817



# Notice Board

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## Condolences

Our deepest condolences to Rachel Bhot on the passing of her sister-in-law Roshni Rustom Bhot.

## Newsletter

Monthly newsletters will be sent by email and WhatsApp to all members. A hard copy of the newsletter will **NOT** be sent by post. Do update your email address with the Membership Treasurers.

## Advisory Committee 2024 - 2025

Kamal Mulla  
Rachel Bhot  
Annu Toshniwal







# Notice Board

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**Save the Date: Friday, 20th September**

Ladies get ready for a fun filled morning like no other !

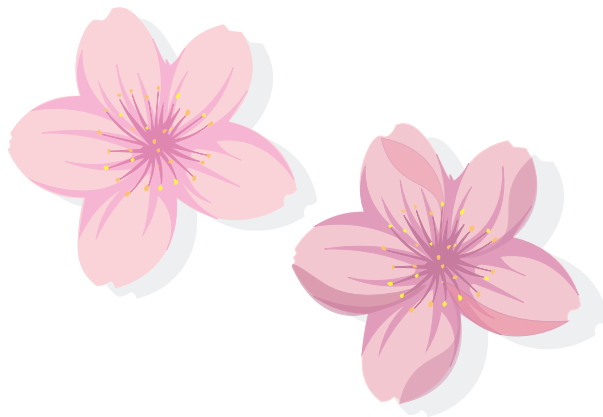
Staying true to our spirit of intercultural Indus activities, “Bavarian Oktoberfest” is our theme for this year’s fellowship on **Friday, 20th September**.

Let’s get together for this morning of merriment, music and cheer. Your participation will make all the difference - members wishing to help with either their delectable food or lending a hand in setting up the event ... please reach out to the Vice Presidents & you surely will be getting your participation points ...

To sign up, call or WhatsApp:

**Anu Kedia**  
98210 44588

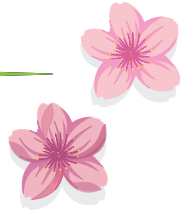
**Juliana Ballard**  
91520 05183





# Notice Board

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## Whom to Contact on the Board if...

- You notice an error in the directory – **Membership Treasurers**
- You do not receive your newsletter – **Secretaries**
- You have an idea for a fellowship meeting, the picnic or the Quiz – **Vice Presidents**
- You would like to assist with a fellowship meeting, the picnic or the quiz – **Vice Presidents**
- You would like to offer your home for a meeting – **Vice Presidents**
- You have changed your address, phone number, or email ID – **Membership Treasurers** (membershipindus@gmail.com)
- You wish to change your status – **Membership Treasurers**
- You have a foreign friend who wants to become a member – **Membership Treasurers**
- You will be unable to attend meetings for an extended period of time – **Membership Treasurers**
- You need a new name badge – **Membership Treasurers**
- You have an idea for a speaker for a meeting – **the relevant Activity Chairladies**





# Notice Board

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## **General Tips for all Members**

### **Attendance**

- The Indus year begins on 1st April and ends on 31st March
- 10 meetings must be attended in a year
- 7 meetings should be attended before the end of December
- Please only sign yourself in. If guests are allowed, then sign in your guest
- Arrival after 11:15 am will not be eligible for attendance
- Departure before the speaker has finished, or before the chairlady closes the meeting, will also count as non-attendance
- For in-person meetings, wear your badge at all times. This also applies to Chairladies and hostesses as there are a lot of new members who do not know who you are

### **Ways to Earn a Participation Point**

- Being a hostess for a meeting
- Arranging a speaker or demonstration
- Registering names for a meeting
- Introducing or thanking a speaker in the absence of the Chairlady
- Helping a Board Member with computer work or collection of payment
- Helping Chairladies at meetings
- Helping with or hosting one of our many events – Annual Event, Fellowship, Christmas Coffee Morning, AGM, Quiz, Picnic or any other special event
- Acting, dancing, working back-stage, speaking, demonstrating, baking for any special event, taking part in the quiz, etc.
- Giving a donation to Indus International

You need 2 participation points during the year.



# Notice Board



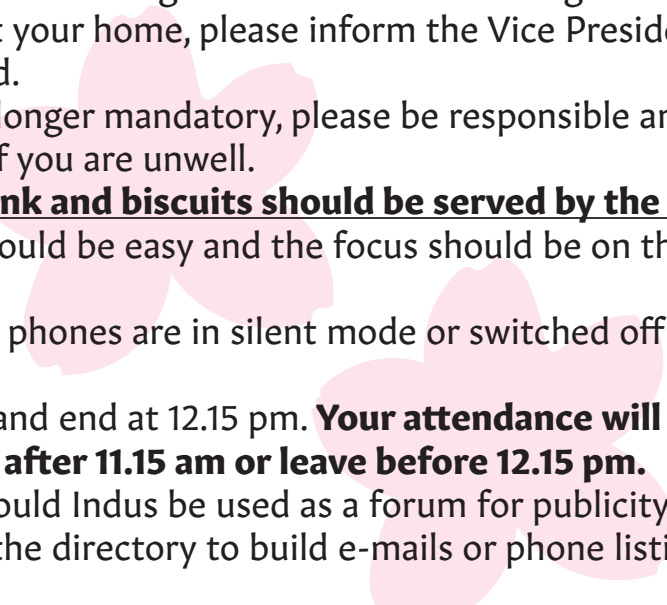
## Indus Etiquette

We have restarted in-person meetings; so let's remember that the spirit of Indus is about new friendships!

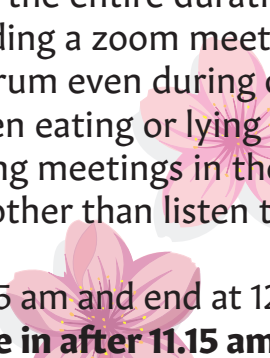
Indus thrives when our members are active and participate. Please ensure that you complete 10 attendance points and 2 participation points during the year, from 1st April to 31st March. 7 attendances should be completed by December.

## A few gentle reminders

### For meetings at members' homes (in-person meetings)

1. Please wear your badge at the meeting to make it easier to mingle.
  2. If you can host a meeting at your home, please inform the Vice Presidents or any member of the Board.
  3. Since wearing a mask is no longer mandatory, please be responsible and avoid attending a meeting if you are unwell.
  4. **Only tea, coffee, a cold drink and biscuits should be served by the hostess.** Being a hostess should be easy and the focus should be on the speaker!
  5. Please ensure that your cell phones are in silent mode or switched off during meetings.
  6. Meetings begin at 11.15 am and end at 12.15 pm. **Your attendance will not be counted if you come in after 11.15 am or leave before 12.15 pm.**
  7. Under no circumstances should Indus be used as a forum for publicity. It is strictly forbidden to use the directory to build e-mails or phone listings to advertise.
- 

### For Zoom Meetings

1. All members should enter their names on the screen in the following order: Surname, First name, Indus membership number.
  2. Keep your videos on at all times, unless advised otherwise by the Chairlady.
  3. Do not unmute yourself for the entire duration of the meeting.
  4. Be presentable while attending a zoom meeting.
  5. Please maintain some decorum even during online meetings.
    - Some members were seen eating or lying back and some even dozing!
    - Some were seen attending meetings in their night clothes.
  6. If you have to do anything other than listen to the speaker, kindly turn your video off.
  7. Zoom meetings begin at 11.15 am and end at 12.15 pm. **Your attendance will not be counted if you come in after 11.15 am or leave before 12.15 pm.**
- 



# Executive Meeting

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**Monday 5th August**

**11:00 am – 12:00 pm**

**Residence of:**

**Sheena Kataria**

Shiv Shanti Bhuvan  
4th floor  
146 Maharshi Karve Road  
Opposite Oval Maidan  
11th bldg after Eros Theatre  
Churchgate  
Mumbai 400020

Ladies, please email a copy of the blurb for your September meeting, latest by date of executive meeting, to both:

Anu Kedia - [anukedia63@gmail.com](mailto:anukedia63@gmail.com)

Juliana Ballard – [diplomatsballard@yahoo.com](mailto:diplomatsballard@yahoo.com)

We do not require a hard copy of the blurb. We respectfully ask that all blurbs be correctly formatted, as per guidance provided and that all text be in Times New Roman, 12 pt font.

Please email your attendance sheet for each month to the Membership Treasurers, immediately after your meeting, on the emails given below.

[chris.mirani@gmail.com](mailto:chris.mirani@gmail.com)  
[nicola@fusionstudio.eu](mailto:nicola@fusionstudio.eu)

**Anu Kedia**

**Juliana Ballard**



# Performing Arts

---



**Friday 2nd August**

**11:00 am – 12:15 pm**

**Residence of:**

**Annu Toshniwal**

Lalit Kunj, 6th Floor  
70 Pochkhanawala Road  
Worli  
Mumbai – 400030

Limit: 30 members

## **KASHISH PRIDE FILM FESTIVAL**

KASHISH Pride Film Festival Director **Sridhar Rangayan** wears many hats: filmmaker, activist, and festival curator. He has given a voice to the Indian LGBTQ+ community through his writings, public speaking, and films. His award-winning films (“Evening Shadows”, “Breaking Free”, “Gulabi Aaina”, “68 Pages”) have screened at over 300+ festivals and won 35+ awards. He, along with his partner **Saagar Gupta** (Director of Programming), were petitioners for same-sex marriage rights and together they organize the KASHISH Pride Film Festival, which over the past 15 years has been hailed as South Asia’s biggest LGBTQ+ film festival.

Today, **Sridhar** will talk about his work as a film festival director and present two short films: “Malwa Khushan”, directed by Preeti Kanungo and Sourav Yadav, and “Raja Bro”, directed by Sridhar Rangayan.

Register with **Jiloo Billimoria** (Only WhatsApp Message) on **Monday 29th July 2024 from 10:00 am to 5:00 pm** on 9820054566

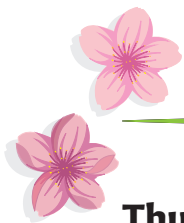
OR

**Rupande Parekh** (Only WhatsApp Message) on **Wednesday 31st July 2024 from 2:00 pm to 6:00 pm** on 9930525224

**Sheena Kataria**

**Gülçin Körpe**





# Book Discussion

---

**Thursday 8th August**  
**(Please note the change in date)**

**11.00 a.m. – 12.15 p.m.**

**Residence of:**

**Ranjana Mahadevia**

E11, Sea Face Park  
Bhulabhai Desai Road  
Breach Candy  
Mumbai 400026

**Guests Welcome**

## **FROM IDEA TO SCREEN: THE CRAFT OF SCRIPT WRITING – SOONI TARAPOREVALA**

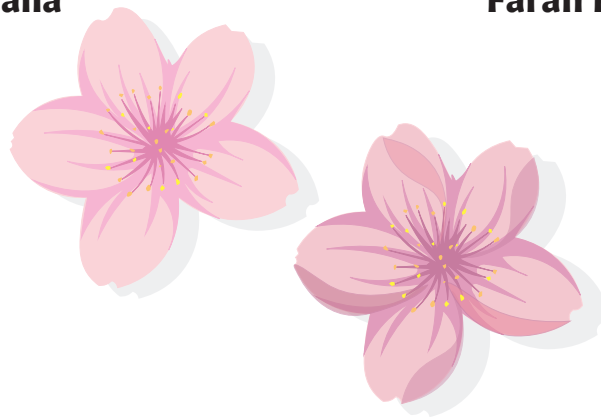
**Sooni Taraporevala** has been an award-winning screenwriter for the past 35 years. She plunged into being a director at the ripe old age of 50. Since then, she has written and directed Little Zizou, Yeh Ballet (Netflix) and yet unreleased 9-episode TV Series, Waack Girls (Amazon Prime).

She will speak about three aspects of screenwriting – Adapting a book for the screen (The Namesake), writing an original based on a true story (Yeh Ballet) and writing episodic television & comparing that to how Dickens serialized his novels.

It would be ideal if you watched Yeh Ballet on Netflix and The Namesake, wherever you can find it, to make the morning even more interesting.

**Ayesha Soonawalla**

**Farah Raina**



# History & Culture

---



**Friday 9th August**

**11:00 am – 12:15 pm**

**Residence of:**

**Mikki Hariani**

Bungalow no 3

Grand Paradi

Behind Shalimar Hotel

Kemps Corner

Mumbai 400 036

**Guests welcome**

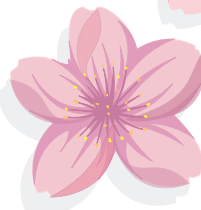
**A MORNING FILLED WITH HISTORICAL ANECDOTES THAT BRING ALIVE THE COAST OF MAHARASHTRA ACROSS THE JETTY TO ALIBAUG**

**Sohail Rekhy** debuted with his Novel “Angria” at the Jaipur literature fest. What started as bedtime stories for his daughter turned into a passion project. He will share the life and times of Sarkhel Kanhoji Angre, Admiral of the Chhatrapatis of the Maratha Swarajya, who rose undefeated to rule the Konkan whilst beating several alliances of the Portuguese, English, Dutch. The fact that an Indian success story of prodigal delight was hidden away and the protagonist turned into an antagonist can show us how the historical narrative can be controlled and why it must be battled with other narratives.

Sohail was born in Bombay and educated in Bangalore and Kodaikanal and went on to study Literature at the University of Toronto. He apprenticed in photography and later worked in the ad world with forays into furniture manufacture.

**Varsha Sethi**

**Vinay Kumari Chopra**







# Art & Handicrafts

---

**Tuesday 13th August**

**11:00 am – 12:15 pm**

**Venue:**

**47-A Design Gallery**

(2-3 minute walk from main road)

47-A, Khotachiwadi

Ambewadi

Girgaon, Mumbai 400004

Limit: 20 members

## **47-A DESIGN GALLERY: EXHIBIT WALKTHROUGH, “THE EMOTIONAL CLOTH”**

Step into the historic Khotachiwadi lane and explore 47-A Design Gallery/ Baro Market, showcasing “The Emotional Cloth” exhibit by Curator **Julie Kagti**. This show celebrates textiles as a versatile art form, with artists exploring diverse emotional themes. Expect pieces focusing on singular emotions or complex human experiences, often integrating mixed media for added impact. Artists will explore various techniques such as weaving, embroidery, and printing to bring forth their interpretations of emotions.

Guiding us through this immersive experience is **André Baptista**, Senior Gallery Associate with a PhD in Indian History and Culture, and a Postgraduate Diploma in Museology/Museum Studies.

Located amidst a historic village of 19th-century Portuguese bungalows, 47-A honours India’s design legacy while embracing contemporary influences. Highlighted in Architectural Digest India, Condé Nast Traveller, and The Indian Express, it promises a journey through India’s past, present, and future in design.

To register, please WhatsApp your name and membership number only to **Anita Hamlai** at 98332 65754 on **Friday, August 2nd from 10 am-1 pm**.

**Nanda Madhavji**

**Kristin Mehta**

# Cooking Swapshop & Health & Ecology

---



**Friday 16th August**

**11:00 am – 12:15 pm**

**Residence of:**

**Vandana Kanoria**

Bhagwati Bhavan

3rd floor

31-B Carmichael Road

Mumbai 400026

## **NO FRET....LOOSE WEIGHT EASILY**

“My passion for nutrition stems from a lifelong love of food” says our speaker **Nimisha Khatau**, a certified nutritionist, FSSAI, UK.

The COVID-19 Pandemic highlighted the critical importance of maintaining good health, which inspired her to pursue formal education in this field. She believes that losing weight need not be mundane and boring.

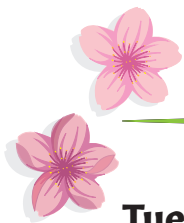
Join Nimisha this morning to create healthy, delicious and quick meals that make nutrition enjoyable and exciting.

Register with **Neelima Patel** at 9821683924, on **Monday 12 August between 10:00 am -12:30 pm.**

**Amita Sheth**  
**Pragati Gupta**

**Priya Mehta**  
**Kam Kang**





# Philosophy & Religion

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**Tuesday 20th August**

**11:00 am - 12:15 pm**

**Residence of:**

**Parnika Khanna**

4A, Woodlands, 4th Floor,  
Pedder Road,  
(Opposite Vama)  
Mumbai 400026.

**Guests Welcome**

## **THE WORLD UNSEEN**

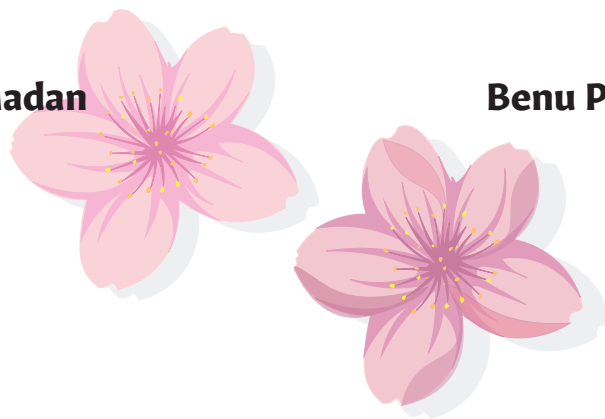
Is there really such a thing as heaven, where God Almighty has 'prepared a place for us'? Does life for us begin and end just on Planet Earth? Those glittering orbs we see in the night sky- can there be life on those other worlds? After our passing, we turn into dust on Planet Earth. Where does the real us (soul, spirit, consciousness) go? Many accounts exist, they come to us telepathically via gifted human receivers, and varied accounts brought through 'the other side' indicate that our universe is teeming with life.

Today, **Persis Vatcha** will give you a glimpse of the places we are destined to inhabit when our lives on Earth are over. Persis has graduated with a masters in Ancient Asian Culture. Her vast knowledge and expertise spans a plethora of subjects.

Ladies, come join us today to find out, 'Are these accounts true'? Only you can judge that for yourself. Keep an open mind as you journey into the mysterious realm beyond our world.

**Dr. Jeannie J. Madan**

**Benu Parkash**



# Music

---



**Thursday 22nd August**

**11:00 am – 12:15 pm**

**Residence of:**

**Mala Sampat**

91 Urvashi

66 Napean Sea Road

Mumbai 400 006

**Guests welcome**

## **MEGH MALHAR**

The Malhar season prepares the Earth for a new phase of its life: the black clouds in the sky signal the onset of Monsoon followed by thunder, rumbling and lightening preparing nature; the birds, the animals and of course us, to be part of the new monsoon season.

These changes can also be seen in music compositions sung in this season. The bird Papiha, the frog Dadur, words like Savan Zariyon, Umad, Ghumad all describe the Monsoon or the Malhar Season. **Meenal Bhide** will be presenting the various shades of Malhar Season songs in different languages in which you can feel and experience the music and beauty of Monsoon.

Meenal Bhide is a Hindustani classical vocalist of the Jaipur-Atrauli Gharana (school) of music. She has given several performances in Singapore, Malaysia and India and also teaches young students. Apart from Hindustani classical vocal music, Meenal has pursued her interest in Bhajans, Indian Folk Music and Marathi Natya Sangeet, and has a diploma in Marathi Natya Sangeet.

**Gita Purandare**

**Ferzana Khanna**





# Current Events

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**Tuesday 27th August**

**11:00 am – 12:15 pm**

**Residence of:**

**Tinu Shanghvi**

12 C, Woodlands,  
Peddar Road  
Mumbai 400026

**Guests Welcome**

## **THE MUMBAI DABBAWALAS & THEIR INCREDIBLE GENEROSITY!**

The Mumbai Dabbawallas are known for their remarkable record of delivering over 2 lakh meals, on time, every single day, year on year! They have been awarded the 6 SIGMA accreditation for this accomplishment, have been the subject of a case study on Operation Management at IIM and Harvard and were included in Prince Charles' itinerary on his visit to India. And all this has been achieved with literacy rate of 1 out of 16! They are the true icons of Mumbai!!

Today, **Subhash Talekar**, President, Mumbai Dabbawala Association, will take us through the astonishing story of their organization. Apart from their main business, he will tell us about the charities run by them, chief among them being the Roti Bank – where they collect excess food from restaurants, hotels and residences from all over Mumbai to deliver it and feed the needy and hungry. Thus, they provide a vital link between the haves and have nots of the city. The logistics of collection, distribution, transport for a timely pick up of the perishables is awe-inspiring and entirely funded and managed by them.

There will be a charge of **Rs 300/-** person and the collection will be handed over to the Mumbai Dabbawala Association for their Roti Bank Charity.

*Cancellations should be done 48 prior to the event, else members will be charged.*

To register, please WhatsApp **Madhavi Shah** on 9892950153, from **22nd August to 25th August between 11am – 5 pm.**

**Neelam Narayan**

**Barbara Halusa**

# Executive Committee 2024-2025

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## Art & Handicrafts

**Nanda Madhavji**

+91 98194 98822

nanda.madhavji@hotmail.com

**Kristin Mehta**

+91 98197 46979

kristin.donaldson3@gmail.com

## Book Discussion

**Farah Raina**

+91 98204 50806

farahraina76@gmail.com

**Ayesha Soonawalla**

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aydasoon@gmail.com

## Current Events

**Neelam Narayan**

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neelamnarayan@gmail.com

**Barbara Halusa**

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barbara.halusa@gmail.com

## Cooking Swapshop

**Amita Sheth**

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amitasheth2002@yahoo.com

**Priya Mehta**

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## History, Culture & Tours

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vsethi1000@gmail.com

**Vinay Kumari Chopra**

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**Kam Kang**

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kamkang1@icloud.com

## Philosophy & Religion

**Jeannie Madan**

+91 98201 80997

jjmadan@gmail.com

**Benu Parkash**

+91 98205 57345

benuparkash@gmail.com

## Music

**Gita Purandare**

+91 98201 86374

gitapurandare@gmail.com

**Ferzana Khanna**

+91 98204 29897

ferzanakhanna@gmail.com

## Performing Arts

**Sheena Kataria**

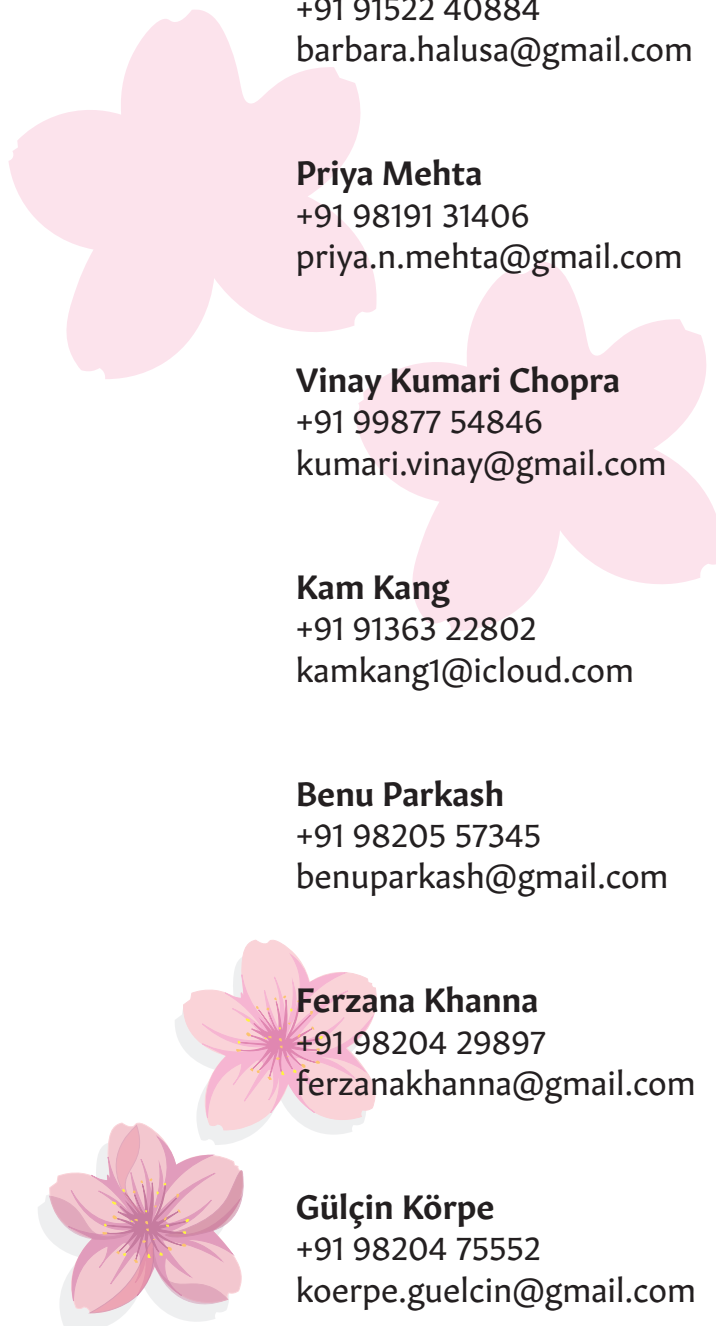
+91 98202 84890

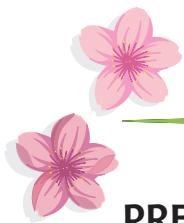
sheena\_kataria@yahoo.com

**Gülçin Körpe**

+91 98204 75552

koerpe.guelcin@gmail.com





# Board Members 2024-2025

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## PRESIDENTS

**Medha Chinai**  
+91 98200 31885  
mkchinai@hotmail.com

**Soledad Gramajo**  
+91 88262 33796  
sgramajo1@yahoo.co.ar

## VICE PRESIDENTS

**Anu Kedia**  
+91 98210 44588  
anukedia63@gmail.com

**Juliana Ballard**  
+91 91520 05183  
diplomatsballards@yahoo.com

## SECRETARIES

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+91 98211 19815  
hemalu@gmail.com

**Marietta Barreto**  
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## TREASURERS

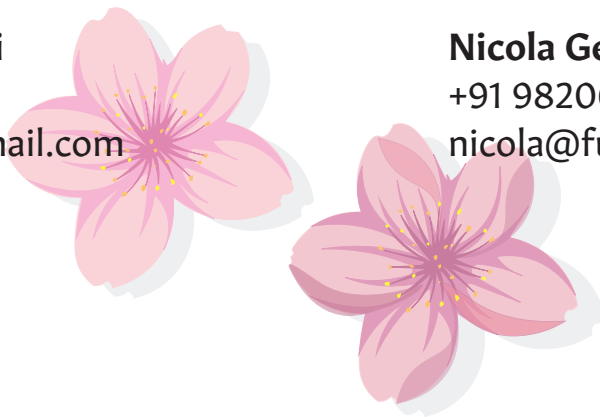
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neetamerchant@goodearth.in

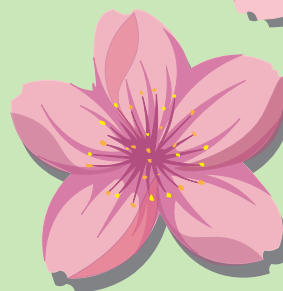
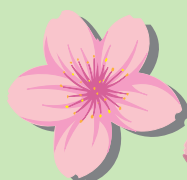
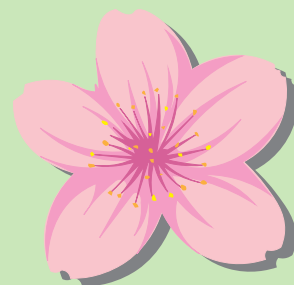
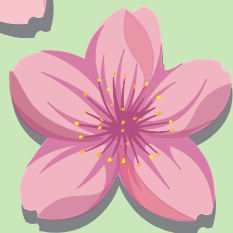
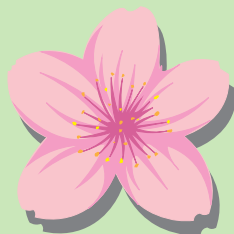
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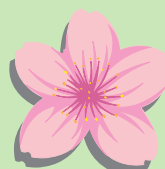
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