



FINDING COMMON GROUND

AUGUST 2025

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

Email: membershipindus@gmail.com

Instagram: @indusinternationalmumbai

August at a Glance

DATE	ACTIVITY	SPEAKER	VENUE
Friday 1st	Performing Arts	Bernard Dafney	Gopi Vaid Normandie Building 5th Floor Carmichael Road Mumbai 400026
Monday 4th	Executive Meeting		Jaya Chawla Raheja Imperia A/4601 Shankar Rao Naram Path Lower Parel Mumbai 400013
Thursday 7th	Book Discussion	Liana Mistry	Nisha Mehta Raheja Vivarea Tower A – 2301 Sane Guruji Marg / Jacob Circle Mahalaxmi Mumbai 400011
Tuesday 12th	Art and Handicrafts	Dayita Shah	Padam Chadha 162/B, Jolly Maker I Opp. World Trade Centre Mumbai 400005
Monday 18th	Health and Ecology	Janjri Jasani	Sunita Nahar 51/52 Infinity Tower 15 Narayan Dabholkar Road Mumbai 400006
Tuesday 19th	Philosophy and Religion	Leena Gupta	Pervin Poonawala 1405, The Imperial 14th floor - North Tower Mumbai 400034
Thursday 21st	Music	Geeta Hinduja	Sanae Yamada-Ostberg Haveli Flat No. 8 LD Ruparel Marg Malabar Hill Mumbai 400006
Friday 22nd	History and Culture	Rukmini Dahanukar	Rachana Sansad's Academy of Architecture College 278, Shankar Ghanekar Road Prabhadevi Mumbai 400025
Tuesday 26th	Current Events	Samir Purohit	Mikki Hariani Row House No. 3, Grand Paradi August Kranti Marg Mumbai 400036

From The Desk of The Presidents

Our ever enthusiastic Chairladies have been busy bringing us the most interesting and diverse speakers and performers. Our members too have been attending in large numbers and we are delighted to see you all at our meetings.

On 29th August, we have our annual Indus Fellowship, “Common Ground, United by Sound.” Our Vice Presidents and countless other members have been working hard to bring you a memorable and enjoyable morning. We have planned the Fellowship so as to encourage the participation of large numbers of members - singing, dancing and cooking up a storm!

The details are in this newsletter. Please sign up for the event as per the registration information given.

Our Membership and Disbursement Committees have been formed and they will be addressing their designated tasks in the course of the year.

This month, the city will see the start of the Ganpati festival, and we wish all our members an auspicious Ganesh Chaturthi.

Armaity Sumariwalla

Gülçin Körpe

Notice Board

Condolences

Our deepest condolences to Senior Member Sushma Thadani on the passing of her beloved husband. Our thoughts are with you and your family during this difficult time.

We offer our sincerest condolences to Lyla Mehta on the passing of her father, Homi R. Patel. Our thoughts are with you and your family, and we wish you peace and comfort during this time.

Congratulations

We are thrilled to see longtime Indus member Salome Roy Kapur honoured as Mumbai's "Queen of the Dance Floor" in the Mumbai Mirror.

Important Information Regarding Registration for Meetings

Recently, we had to resolve a difficult situation for a particular meeting. Many members registered prior to the specified time and, as a result, all those who registered at the correct time were waitlisted.

Consequently, the Chairlady went to great lengths to find a way to accommodate twenty additional members for that meeting.

Please note that, henceforth, registrations will NOT be accepted prior to the time specified in the newsletter. If you are unable to register during the stipulated time, please request another member to register on your behalf. Thank you for your cooperation and we look forward to seamless registration processes in the course of the year.

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 Officers.

Presenting



Limited
Spots

Common Ground, United by Sound

INDUS ANNUAL FELLOWSHIP

AUGUST 29TH, 2025 | 11 AM – 1 PM

Location : Beaumonde, Prabhadevi

Celebrate a morning of global tunes, food, and fun!

Mark your calendar! The Indus Annual Fellowship is coming up! We look forward to your presence as we gather to celebrate another meaningful year.

100 spots only

RSVP details below

**RSVP with your name and membership number on Tuesday, August 5th
and Wednesday, Aug 6th with:**

Shailza Jhunjunwala +91 98207 12166, or Neelima Patel +91 98216 83924,
or Pragati Gupta +91 98201 29700

Notice Board

Whom to Contact on the Board if...

- You notice an error in the directory – **Membership Officers**
- 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 Officers** (membershipindus@gmail.com)
- You wish to change your status – **Membership Officers**
- You have a foreign friend who wants to become a member – **Membership Officers**
- You will be unable to attend meetings for an extended period of time – **Membership Officers**
- You need a new name badge – **Membership Officers**
- You have an idea for a speaker for a meeting – **the relevant Activity Chairladies**

Notice Board

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 three (3) 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.**

Database Changes for August 2025

Change of Status

Uma Malik	A69	Resigned
Shanta Nath	N22	Resigned
Rieke Cadee	CB6	Resigned
Santosh Gupta	G18	Resigned
Anju Kanodia	Kf9	Resigned
Cheong Hai Wei	CB7	Resigned
Namita Jain	J61	Resigned
Helen Craggs	CB4	Resigned
Arti Sanghi	SC6	Change to Senior
Sahar Agboatwala	A68	Change to Non-Resident

Change of Email Contacts

Mila Kahlon	KC2	New email: milanikolovakahlon@gmail.com
Anca Florescu-Abraham	F38	New email: hello@lypmumbai.com
Neeta Merchant	C95	New email: neetamerchant11@gmail.com

Change of address

Jaya Chawla	Raheja Imperia A/4601 Shankar Rao Naram Path Lower Parel, Mumbai 400013
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Correction of Email Contact

Avantika Akerkar	A96	Correct email: avantikaakerkar@gmail.com
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Performing Arts

Friday 1st August

11:00 am – 12:15 pm

Residence of:



Gopi Vaid

Normandie Building
5th Floor
Carmichael Road
Mumbai 400026
(You will need to walk up
one flight of stairs)

Limit: 50 Members

ALL THE WORLD'S A STAGE

Bernard Dafney is an actor, director, writer, singer and acting coach from Long Beach, California. He and his amazing wife run their own Creative Arts Production House, Dafney Productions, in Mumbai. Bernard is no stranger to the stage, having performed and directed all over the globe. Some of his (stage) acting and directing credits include *Steele Magnolias*, *Reap the Whirlwind*, *You're a Good Man Charlie Brown*, *The Taming of the Shrew*, *The Complete Works of William Shakespeare (Abridged)*, *Where's My Money*, to name a few. He can also be seen in *Kuttey*, *The Great Indian Murder*, *Kalaa* and *Rocket Boys* on the local scene.

But before his illustrious acting career, Bernard made Ahmedabad his home. Why, you ask? Come and find out on August 1.

For registration, please WhatsApp only **Sapna Daryanani** at **+91 9833124844** on **Monday, July 28th** from **10:00 am – 12:00 pm (noon)**. Please do register promptly.

Nandhini Ashok

Avantika Akerkar

Executive Meeting

Monday 4th August

11:00 am – 12:00 pm

Residence of:



Jaya Chawla

Raheja Imperia

A/4601

Shankar Rao Naram Path

Lower Parel

Mumbai 400013

Ladies, please email a copy of the blurb for your September meeting, latest by 10th August 2025, to both:

Ranjana Mahadevia - ranjanamahadevia@gmail.com

Kristin Mehta - kristin.donaldson3@gmail.com

We do not require a hard copy of the blurb.

After your event, please take a clear, straight, and easy-to-read photo or scan of your attendance sheets and upload it to the INDUS Attendance WhatsApp group.

chris.mirani@gmail.com

nicola@fusionstudio.eu

Ranjana Mahadevia

Kristin Mehta

Book Discussion

Thursday 7th August

11:00 am – 12:15 pm

Residence of:



Nisha Mehta

Raheja Vivarea
Tower A – 2301
Sane Guruji Marg /
Jacob Circle, Mahalaxmi
Mumbai 400011

Guests welcome

**MY WORLD WITHOUT JEHAN: SURVIVING A BROTHER'S SUICIDE -
PRESENTED BY THE AUTHOR IN CONVERSATION WITH OUR INDUS
MEMBER, PUSHPA PALAT**

Liana Mistry's brutally honest memoir tells the story of the unconventional Chinoy family in the 1970s and 1980s. Her brother Jehan is a flamboyant, loving, troubled young man. When he kills himself, the rest of the Chinoy family withdraw from each other, denying themselves the permission to grieve the young man's death. Liana, then a teenager, learns to live with this silence, but she never forgets the boy who lived a full life for twenty two years before he died. Her mother's death in 2018 finally unlocks the door to the terrible silence, and Liana allows herself to share Jehan's story, written and rewritten in her mind for thirty four long years, with the world – a world without Jehan.

Liana Mistry is a pen name. The 53 year old author lives and writes in Mumbai. She enjoys cross stitch embroidery, music, reading, cooking and gardening. She lives an "unremarkably happy life."

There is also a Playlist on Spotify to accompany the book. <https://open.spotify.com/playlist/1Ud1FFyYpFpt27DzkNvDoE?si=bc8aCP6uTry2gXqdKI3qUQ&pi=ZeMAQ870SMSbn>

Please come, **-even if you don't have time to read the book in advance-**, and enjoy an interactive morning with our speaker.

Sejal Mody

Andrea Wrumnig

Art & Handicrafts

Tuesday 12th August

11:00 am -12:15 pm

Residence of:



Padam Chadha

162/B, Jolly Maker I
Opp World Trade Centre
Mumbai 400005

Limit : 35 Members

DAYITA SHAH – FOUNDER OF DAYDESIGNS

An artist at heart and founder of the brand, she has always carried a deep passion for fine arts – an inner creative spark that shaped her journey.

Dayita Shah completed an Applied Art course at Sophia College and immersed herself in the world of art and design exploring its many forms and expressions. Art is limitless and can live and breathe on any medium, from fabric to glass, wood to paper.

What began as a love for painting soon evolved into customizing and personalizing fashion and lifestyle accessories. From upcycled bags to jackets, home décor to luxury goods, every item is hand-painted with care. She gives pre-loved items a fresh lease on life — making sustainability both beautiful and personal.

She has over years worked with NGOs to promote art and also taught art at the School of Integral Education. Welcome to DayDesigns where every brushstroke tells a story.

To register, please Whatsapp your name and membership number to **Rekha Chabbria** at **+91 98201 59594** on **Wednesday, August 6th** between **2:00 pm - 4:00 pm** only.

Reema Pahuja

Maria Bharwani

Health & Ecology

Monday 18th August
(Please note the change in date)

11:00 am - 12:15 pm

Residence of:



Sunita Nahar

51/52 Infinity Tower
15 Narayan Dabholkar Road
Mumbai 400006
(Parking Available)

Limit: 35 members

TALK BY ENVIRONMENTALIST - JANJRI JASANI

Janjri Jasani graduated from the University of Edinburgh with an MSc. in Environmental Protection and Management and is currently the Deputy Director of the Centre for Environment Research and Education (CERE). Her interests centre on Climate Change science, sustainable development & urban solutions to environmental issues. She has over 15 years of experience in the fields of climate disclosure and mitigation and has worked with several companies and multinationals on carbon reporting and strategy.

The Centre for Environmental Research & Education (CERE) is a Mumbai-based not-for-profit organisation. CERE's mission is to nurture awareness and stewardship towards developing and facilitating the adoption of sustainable practices that bring human activities and livelihoods into balance with earth's natural ecosystems. CERE has successfully completed projects in both urban and rural India and is a pioneer in the field of corporate sustainability and carbon management systems.

Today, we have Janjri talking to us, on environment sustainability and related topics.

Sunita Nahar

Els Reynaers

Philosophy & Religion

Tuesday 19th August

11:00 am – 12:15 pm

Residence of:



Pervin Poonawala

1405, The Imperial
14th floor - North Tower
(Near Tardeo AC Market)
Tardeo
Mumbai 400034

TRANSFORMATIONAL LIFE COACH & AUTHOR

Leena Gupta is a Transformational Life Coach, Wellness Expert, TEDx Speaker, and Founder & CEO of Leena Gupta Inc. With over two decades of experience, she has trained more than 25,000 people across 25 countries. She serves as Senior International Faculty with the Art of Living Foundation and has been personally mentored by Sri Sri Ravi Shankar.

Leena is also an executive committee member of the Council for Fair Business Practices (CFBP) and curated the “CFBP Holistic Health Summit” in 2023 and 2024.

Her debut book, *Anchor Within* (Penguin), offers essential life lessons and practical tools we often miss in childhood. It guides readers to stop seeking love, acceptance, and validation externally and instead connect with their inner essence of love, peace, and joy. *Anchor Within* provides a clear roadmap for personal reinvention, helping readers build inner strength, stability, and sovereignty in today’s ever-changing world.

Sangeeta Javeri

Binaifer Havaladar Antia

Music

Thursday 21st August

11:00 am- 12:15 pm

Residence of:



Sanae Yamada-Ostberg

Haveli Flat No. 8
LD Ruparel Marg
Malabar Hill
Mumbai 400006

GEETU HINDUJA – CONTEMPORARY FOLK SINGER/SONGWRITER

Geeta Hinduja, also known by her stage name ‘Geetu Unplugged’, is a Mumbai-based singer/ songwriter who likes to explore various styles & different genres (alternative, soft rock, pop, indie), bringing to her music a flavour that’s entirely her own. Accompanied by just a guitar, Geetu tells vivid, evocative stories in her songs that instantly transports the listener to the landscape of her mind - her music could be defined as music for the soul.

Geetu has trained formally in Indian classical music under Neela Bhagwat and bhajans under P.D. Jalota. She has also trained under renowned jazz vocalist and composer Mili Bermejo and sung with well-known Mumbai choir Stop Gaps.

Geetu believes that music should be a celebration of life, with all its strife and struggle, joys and pleasures. With numerous performances spanning over two decades, we are privileged that she has agreed to share this musical celebration with INDUS.

Gita Purandare

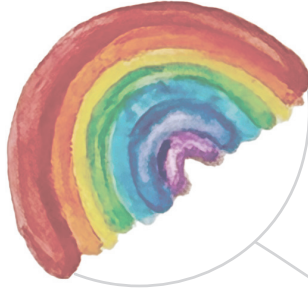
Fiona Rouse

History & Culture

Friday 22nd August
(Please note the change in date AND time)

3:30 pm – 5:00 pm

Venue:



**Rachana Sansad's Academy
Of Architecture College**
278, Shankar Ghanekar Rd,
Prabhadevi
Mumbai 400025

Limit: 40 Members

BEYOND FACE VALUE

Rukmini Dahanukar is an independent researcher of art, design and symbolism on banknotes. For 20 years she has presented on design and imagery on money; covering visual communications, media studies, history, politics, nationalism, identity and culture. She is based in Mumbai and also a passionate long-distance runner having successfully completed over 25 half and full marathons globally.

In 2022, she organised “World Heritage on Banknotes” at UNESCO, New Delhi followed by a unique, unprecedented exhibition “Banking on World Heritage” at IGNCA, New Delhi in July 2023 as part of India’s G20 programme. In October 2023 she designed and curated the Revenue Gallery at the Sonipath Museum, Haryana. She conceptualised and curated a travelling exhibition for Alliance Française Institutes (India); “Beyond Face Value - French banknote design from around the world” across India, at the NGMA, Mumbai in April 2025.

Indus is invited for a special walkthrough of this pioneering exhibition.

For registration please **Whatsapp Only** your name and membership number to **Amisha Himatsingka** on **+91 93222 58617** on **Monday, 18th August**, between **9:00 am and 11:00 am**.

Varsha Alwani

Kavita Aswani Chadda

Current Events

Tuesday 26th August

11:00 am - 12:15 pm

Residence of:



Mikki Hariani

Row House No. 3

Grand Paradi

August Kranti Marg

Mumbai 400036

JOIN THE PILATES CRAZE: DISCOVER THE HYPE WITH MUMBAI'S MASTER, SAMIR PUROHIT

Pilates is everywhere—suddenly, everyone is talking about it, trying it, and raving about the results. But what's behind the buzz, and why has this movement taken Mumbai by storm?

Discover the answers with **Samir Purohit**, co-founder of The Pilates Studio and one of India's foremost Pilates experts. With decades of experience, Samir has been instrumental in introducing and popularizing Pilates across the country, helping people of all ages unlock strength, flexibility, and confidence.

In this lively and informative session, Samir will explore the fascinating history of Pilates, both globally and in India. He'll break down the core principles and unique benefits of the practice, explain what a typical session looks like, and show how Pilates supports strength, balance, and healthy aging. He'll also dispel common myths and share why Pilates is truly accessible for everyone. The session will close with an open Q&A—your chance to ask Samir anything about Pilates.

Ritu Prakash

Elizabeth (Lizzie) Chapman

Executive Committee 2025-2026

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indus
INTERNATIONAL

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