


indus
INTERNATIONAL
2023-2024



MARCH 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

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Indus International

March at a Glance

DATE	ACTIVITY	SPEAKER	VENUE
Friday 1 st	Cooking Swapshop	Chef Nuhza	Kuckeliku Breakfast House Kamal Mansion Arthur Bunder Road
Note change in date			
Monday 4 th	Executive meeting		ZOOM
Thursday 7 th	Performing Arts	Ranjit Ahuja	L'Atelier de Ranjit Ahuja Tanna House Annexe Nathalal Parekh Marg
Note change in date			
Wednesday 13 th	Art & Handicrafts		ONLINE
Note change in date & time			
Thursday 14 th	Indus Quiz		Gallery Art and Soul 1, Madhuli Shiv Sagar Estate Worli
Saturday 16 th	History Culture & Tours		BMC Headquarters 5 Mahapalika Marg
Note change in date & time			
Tuesday 19 th	Philosophy & Religion	Meelu Wadhwana	ZOOM
Note change in time			
Wednesday 20 th	Book Discussion	Shobhaa De	Phiroza Muncherjee Adenwala Baug, Tardeo
Note change in date			
Friday 22 nd	Health & Ecology	Dr.Vani Parmar	Anju Siraj Gobind Mahal 3 rd Floor Marine Drive
Tuesday 26 th	Current Events	Adarsh Reddy	Veena Nag 304 Daisylea Apartments Mount Pleasant Road
Thursday 28 th	Music	Indus Choir	Gita Purandare Purandare Griha 4 th Floor Chowpatty

From the Desk of the Presidents

March is already upon us and we find it hard to believe that the INDUS year has almost ended for us.

We wish to express our deepest thanks to our members for the overwhelming response we had for our Picnic and the Annual Event. Both were fun packed and filled with music, dancing and great friendships. We so appreciate the warm hospitality with which Swati Jajodia opened up her beautiful house for our picnic.

Our annual Indus quiz will be held in March; so please do come to cheer our teams on. The details are enclosed in the newsletter.

In a few weeks, our trippers will be leaving for South Korea and we wish them a safe trip, filled with fun experiences and unforgettable memories.

Our chairladies have been working hard to set up some very interesting meetings this month, so do attend in large numbers.

Hema (Tinu) Shanghvi

Pervin Poonawala



Notice Board

NEWSLETTER

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 screen shot will be given attendance.

CONGRATULATIONS

Hearty Congratulations to Minakshi Todi on the birth of her daughter, in January.

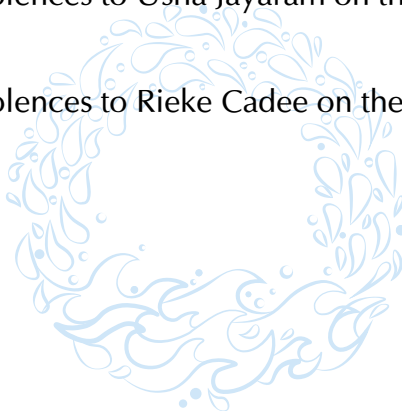
Congratulations to Purna Kewalramani on the birth of her grandson.

CONDOLENCES

Our deepest condolences to Hemal Udani on the sad demise of her father-in-law.

Our deepest condolences to Usha Jayaram on the sad demise of her father.

Our deepest condolences to Rieke Cadee on the sad demise of her mother.



Data base changes for March 2024

New Members

Myra Junor 75A Jaldarshan Society 51 Nepean Sea Road Malabar Hill Mumbai 400026 Mobile: 8652387759 Email: myra.junor@gmail.com	J-63	Indonesian
Kam Kang Shanudeep, Apt 510 10 Altamount Road Mumbai 400026 Mobile: 9136322802 Email: kamkang1@icloud.com	KH-1	British
Fiona Rouse c/o New Zealand Consulate General, 3 North Avenue, Level 6 Maker Maxity, Bandra Kurla Complex, Mumbai 400051 Mobile: 9892969839 Email: dubairouse@gmail.com	R-79	New Zealand
Sanae Yamada Ostberg Haveli, Flat No.8 L D Ruparel Marg Mumbai 400006 Mobile: 8657930416 Email: sanae.ostberg@gmail.com	Y-07	Japanese

Change of Status

Anjali Khosla	K-78	Resigned
Mona Mehra	MC-6	Resigned
Elizabeth Nayyar	N-16	Resigned
Mahakhurshid Byramjee	B-65	Senior
Nazneen Dubash	D-54	Senior



Cooking Swapshop

Friday, 1st March
Note change in date

11:00 am – 12:15 pm

Venue:

Kuckeliku Breakfast House
Kamal Mansion, 1st Floor
Arthur Bunder Road
Near Radio Club
Colaba
Mumbai 400005
(There is a flight of stairs to the restaurant)

Limit: 35 Members

BREAKFAST FOODS

“There has never been a sadness that can't be cured by breakfast food”
– Ron Swanson (Parks and Recreation).

Chef Nuhza is the owner of Kuckeliku Breakfast House. She pursued a degree in Psychology before pivoting into a career in food and hospitality. She constantly tries to adapt her café to cater to a more mature and cognisant clientele. Her first brand was The Fromagerie- a gourmet grilled cheese pop-up brand which was an exploration into the comforts of grilled cheese in various event setups.

Chef Nuhza will today take us into the world of breakfast foods

To register, please WhatsApp Sangeeta Jhaveri on
98208 10510 on 28th February, between 11:00 am - 4:00 pm.

There will be a charge of Rs. 300 per head

Amita Sheth

Medha Chinai

Executive Meeting

Monday 4th March

11:00 am - 12:15 pm

ZOOM Meeting

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



Thursday, 7th March
Note change in date

11:00 am - 12:15 pm

Venue:

L'Atelier de Ranjit Ahuja
Tanna House Annexe, 1st Floor
Nathalal Parekh Marg
Opposite YMCA
Colaba
Mumbai 400005

Guests Welcome

A MORNING WITH RANJIT AHUJA

Ranjit Ahuja has designed and created a collection for the home, keeping in mind today's modern spirit with an emphasis on the age-old techniques of appliqué, cutwork and fine hand-embroideries. The material of choice is a range of pure linen fabrics (of French origin) that is characterized by sophisticated colourings and simple luxury, which can be coordinated in harmony or stand alone. The marriage of old-world techniques with a natural fabric is in tune with today's casual sensibilities, yet refined way of life.

Ranjit Ahuja's range of products includes a selection of hand-embellished textiles, decorative cushions, table linen (placemats, napkins, cocktail napkins, runners) & fabrics. Since inception, these have been exclusively exported under his eponymous label, to the most discriminating interior design professionals and clients in the competitive meccas of home and fashion stores in London, New York and Paris, amongst others.

Today Ranjit will share with us his journey of the past 3 decades

Sunita Nahar

Zia Mehta

Wednesday, 13th March
Note change in date and time

3:00 pm - 4:00 pm

ONLINE

KAHOOT! - TEST YOUR KNOWLEDGE OF ART AND HANDICRAFTS

Get ready for an epic online **Kahoot!** game session.

We're bringing the excitement straight to your screens with a trivia extravaganza you won't want to miss. Put your knowledge of Art & Handicrafts to the test and see who will reign supreme as the Kahoot! champion. With engaging questions and thrilling competition, it's bound to be a blast for everyone involved. Grab your devices and join in on this virtual showdown.

Join us for an unforgettable gaming experience that promises fun, laughter, and maybe even a few surprises along the way. Don't wait – brush up on your Art & Handicraft knowledge and secure your spot to play!

We will take the first 25 members to log in, at the time.

Details and a link will be provided closer to the date

Perna Kewalramani



Juliana Ballard

IT'S QUIZ TIME AT INDUS

Thursday 14th March

11:00 am - 12:15 pm



Explore the world of fashion and luxury, the history of couture, designers and celebrities who set trends, the struggles and pain behind the fabulous designs!

Ladies, come dressed in outfits by your favorite designers!
Carry your LVs! Be the Devil and wear your Pradas!

Venue: Gallery Art & Soul, Worli

Limit: 40 members

To Register, WhatsApp your name and membership number to
Yasmin Assur on +91 9820051448 on Thursday March 7th.
After that, WhatsApp Vidya Srinivas on +91 9869918348

Saturday, 16th March

3:00 pm – 4:15 pm

Note change in Date and time

Location:

Bombay Municipal Corporation

5 Mahapalika Marg

Opposite Chhatrapati Shivaji

Terminus

Fort, Mumbai 400001

BOMBAY MUNICIPAL CORPORATION HQ - HERITAGE TOUR "URBS PRIMA"

Please join us at the BMC Headquarters to see the grand, beautifully restored heritage building. Mumbai has always been known as India's foremost city, famously called the "**Urbs Prima of India**", and this guided Heritage Tour, brought to you jointly by the BMC and the MTDC, is therefore called "**Urbs Prima**".

The colossal heritage structure of the BMC Headquarters is opening its doors, for the first time in 100 years, for tourists. The building has many stories to relate, enticing historians and architects alike. Highlights include a unique Fountain of Ducks, 18 Headgears of Mumbai, the gilded dome, a hidden source of water, the Italian Lions and a floating staircase!

The tour is being conducted by Khaki Tours on behalf of the BMC. Please carry a government issued ID.

Sonica Arya

Radhika Singhal

Charges: Rs. 350 per head (payable in advance).

For registration, call or WhatsApp **Shalini Lunkad** on 98677 35550 on Friday, March 1st. Registered ladies must GPay **Sonica Arya** by Monday, March 4th on 98200 46682.

Ladies who do not register or prepay will have to book separately, subject to availability. As capacity is very limited, we request you to register and pay promptly.

Tuesday, 19th March
Note change in time

4:00 pm - 5:30 pm

ZOOM Meeting

THE COURAGE TO BE YOURSELF

To face our tomorrows, Faith, Trust and Courage are three important and powerful aspects we all need.

Everyone needs courage. It takes courage to quit your job, to start a business or to just remain flexible.

In the words of Emerson, "To be yourself in a world that is constantly trying to make you something else, is the greatest accomplishment."

Today, **Meelu Wadhwa** will speak to us about how to make happiness your everyday choice. The art of letting be and letting go will be showcased. The talk will throw light on managing yourself, your time and space. Learn how to rewire your anxious brain and be the eternal optimist.

Meelu is a certified life coach in Dubai and regularly conducts motivational seminars. She is a dynamic and inspiring speaker, who speaks on a wide range of themes related to Personal Development, Time Management, Parenting Skills, Stress Management and Women's Empowerment.

Dr. Jeannie Madan

Benu Parkash



Wednesday, 20th March
Note change in date

11.00 am – 12.15 pm

Residence of:

Phiroza Muncherjee
Adenwala Baug,
(Opposite Matru Mandir
Income Tax building,
between Bhatia hospital
& Bhaji Gali market)
Mumbai 400007
**(Limited parking available.
Please carpool)**

Guests Welcome

INSATIABLE – MY HUNGER FOR LIFE BY SHOBHAA DE

'I promise not to be three things--profound, pedantic and pretentious,' says **Shobhaa De**, as she begins her heart-warming book.

It's a promise India's most beloved writer delivers on, in her irreverent memoir about the year leading up to her landmark seventy-fifth birthday. Quintessential exuberance and keen observations firmly in place, she talks about travelling solo, feasting (and fasting) with family and friends, the triumphs and losses that accompany ageing, the vagaries and vulnerabilities of being a writer and how food connects people in the most unexpected places and delightful ways.

From where to find the most delicious lassi in Jaipur, to conversations with a Nobel Laureate who is a gourmet, to M.F. Husain's last food 'khwaish' and what's served at Aamir Khan's dinner table, Shobhaa takes us from the dining rooms of politicians, artists and celebrities, to festivals, parties and other social events, and, more privately, into her own home, where food is always the prime subject of conversation.

Come & hear Shobhaa speak, in-person, about her latest book **INSATIABLE**, wherein she reminds us of the many delights and disappointments that the banquet of life offers, even as she examines the shared emotional hunger for happiness and love that binds us all.

Ayesha Soonawalla

Farah Raina

Friday, 22nd March

11:00 am to 12:15 pm

Residence of:

Anju Siraj
86B Gobind Mahal
3rd Floor, Flat No. 12
Marine Drive
Mumbai 400002

“Lumps Don't Lie: Understanding Breast Cancer Better”

Breast cancer is a growing concern globally, and especially in India. Early detection is key for better outcomes. Understanding risk factors, signs and symptoms is crucial for early detection and improved outcomes. Prevention through knowledge of modifiable risk factors is vital for reducing cancer incidence.

Dr. Vani Parmar, Chief Breast Surgical Oncologist at Punyashlok Ahilyadevi Holkar Hospital, Head & Neck Cancer Institute in Mumbai, is a renowned figure in breast oncosurgery. With over 35 years of experience, including 25 years at Tata Memorial Centre, she is internationally acclaimed for her leadership, clinical expertise, and research contributions.

Dr. Parmar specializes in oncoplastic techniques and aesthetic breast-conserving surgery. She has numerous publications in peer-reviewed journals and is involved in AI research for breast cancer diagnostics. She also established a 3D printing facility at ACTREC.

Ritu Joshi



Bharti Chotirmal

Thursday, 26th March

11.00 am - 12.15 pm

Residence of:

Veena Nag
304 Daisylea Apartments
Mount Pleasant Road
Malabar Hill
Mumbai 400006

THE IMPORTANCE OF PROTECTING MANGROVES

Mangroves in Mumbai have occupied around 67 square kilometres - much more than any other large metropolitan city can claim. But the fact remains that, over the years, many of them have been destroyed by building public infrastructure and new buildings. Mangroves are not only beautiful; the mangrove ecosystem is also irreplaceable for coastal protection and marine diversity.

Mr. Adarsh Reddy, Divisional Forest Officer, Mangrove Cell of Maharashtra is responsible for protecting the mangrove areas of Thane, Mumbai City and Mumbai suburban districts.

He will talk about and show us his work towards the conservation of coastal and marine biodiversity, and the significance of these projects in improving the livelihoods of the coastal community.

Neelam Narayan

Barbara Halusa



Thursday, 28th March

11.00 am - 12.15 pm

Residence of:

Gita Purandare

Purandare Griha, 4th Floor
31/C Dr. N A Purandare Road
Chowpatty
Mumbai 400007

(Lift available but no parking)

Limit: 60

THE INDUS CHOIR ANNUAL PERFORMANCE

The Indus Choir has worked hard all year to put together a specially curated repertoire to perform for you, with music ranging from the classical “Hallelujah” to popular toe-tapping songs like “Top of the World”.

We invite you to join us for a morning of fun, camaraderie and musical entertainment – so make sure you don't miss out!

For registration, please WhatsApp your name and membership number to:

Vrinda Jhunjunwala at +91-9820037105 from 18th to 21st March between 11:00 am – 6:00 pm

Seema Singh



Harsha Shaparia

Executive Committee 2023-2024

Art & Handicrafts

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Juliana Ballard
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Book Discussion

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Current Events

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