



FINDING COMMON GROUND

NOVEMBER 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
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Free Press Journal Marg
Nariman Point
Mumbai 400 021

Website: www.indusinternational.org

Email: membershipindus@gmail.com

Instagram: @indusinternationalmumbai

November at a Glance

DATE	ACTIVITY	SPEAKER	VENUE
Monday 3rd	Executive Meeting		Wodehouse Gymkhana 182, Maharshi Karve Rd Opp. Taj Wellington Nariman Point Mumbai 400 021
Tuesday 4th	Music	Bijal Doshi	Gayatri Bewoor Flat 27B, 14th Floor Sterling Apartments Pedder Rd, Mumbai 400 026
Friday 7th	Performing Arts	Erica D'Souza	SG Spaces n Concepts Pvt Ltd. 501 Mint Road, Fort Mumbai 400 001
Tuesday 11th	Art and Handicrafts	Adil Writer and Shayonti Salvi	Gallery Art & Soul Madhuli - Ground floor Next to Poonam Apartments Worli, Mumbai 400 018
Friday 14th	History and Culture		Cathedral of the Holy Name 19, Nathalal Parekh Marg Mumbai 400 001
Tuesday 18th	Philosophy and Religion	Tianna Khambata	Gallery Art & Soul Madhuli - Ground floor Next to Poonam Apartments Worli, Mumbai 400 018
Wednesday 19th	Cooking Swapshop	Lizzie Chapman	Vandana Kanoria Bhagwati Bhavan, 3rd Floor, Carmichael Road Mumbai 400 026
Thursday 20th	Book Discussion	Liana Mistry	Rupande Parekh 20 Kailas, 4th floor 50 Pedder Road, Mumbai 400 026
Friday 21st	Health and Ecology	Anca and Alan Abraham	Preeti Maria A1303, Raheja Vivarea Sane Guruji Marg Jacob Circle, Mahalaxmi Mumbai 400 011
Tuesday 25th	Current Events	Dr. Marcus Ranney	Madhavi Kilachand 1-A Suneeta Building 1st Floor Ridge Road, Malabar Hill Opp. Malabar Hill Club Mumbai 400 006

From The Desk of The Presidents

We trust you all enjoyed a bright and joy-filled Diwali surrounded by family and friends.

Our recent group trip to Vietnam was a tremendous success — a perfect blend of friendship, exploration, and shared experiences. Despite challenging weather and even a passing typhoon, everything went smoothly thanks to careful planning and the remarkable spirit of our members. A heartfelt thank-you to everyone who helped make it such a memorable journey!

We are still in need of volunteers for our Christmas Coffee Morning, so if you would like to lend a hand (and earn a participation point), please get in touch with our Vice-Presidents or the Cooking Swapshop chairladies.

As always, our Chairladies have come up with an exciting line-up of meetings. From meditative music experiences and interactive fun-filled sessions to thought-provoking talks on longevity, design, and even the unique spirituality found in wine — there's something for everyone. We can't wait to see you there!

Armaity Sumariwalla

Gülçin Körpe

Notice Board

Condolences

We are deeply saddened by the passing of Indus member Sushma Thadani and extend our heartfelt condolences to her family and loved ones during this time.

Our heartfelt condolences on the passing of Indus member Azmina Patanwala; our thoughts and prayers are with her sister, fellow Indus member Umaima Mulla-Feroze, and their family during this difficult time.

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.

CALL FOR
Volunteers

CHRISTMAS COFFEE MORNING
DECEMBER 12TH

Calling for Volunteers:

1. Making holiday-themed baked goods for the charity bake sale
2. Preparing snacks for the meeting (sandwiches, nimbu paani, etc.)
3. Suggesting NGOs for the event, especially those that typically don't get much visibility

CONTACT

LEENA VAID: +91 98201 55542

OR

SASHA ZAVERI: +91 88796 85365

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 3 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: **Membership Number, Surname, First name.**
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 October 2025

New Members:

Gudrun Bures

BF3

German

The St. Regis Hotel Mumbai

Room 3011

462 Senapati Marg

Lower Parel

Mumbai 400 013

Mobile: 72085 70992

Email: buresgu@gmx.de

Ellie Kewalramani

KH4

American

Imperial Towers

Apt 25015

B.B. Nakashe Marg

Tardeo

Mumbai 400 034

Mobile: 75067 00424

Email: ellie.ramani@gmail.com

Change of Address:

Gülçin Körpe

KH5

A8 Metropolitan

20 Nargis Dutt Road

Pali Hill

Bandra West

Mumbai 400 050

Executive Meeting

Monday 3rd November

11:00 am – 12:00 pm

Venue:



Wodehouse Gymkhana

182, Maharshi Karve Rd

Opp. Taj Wellington

Nariman Point

Mumbai 400 021

**Hosted By: Varsha Alwani
and Kavita Aswani Chadda**

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

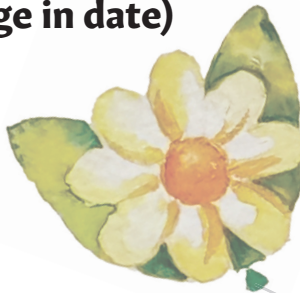
Kristin Mehta

Music

Tuesday 4th November
(Please note the change in date)

11:00 am - 12:15 pm

Residence of:



Gayatri Bewoor
Flat 27B, 14th Floor
Sterling Apartments
Pedder Road
Mumbai 400 026

Limit: 50 Members

BIJAL DOSHI – A FUN FILLED ANTAKSAHRI EVENT

By popular demand, **Bijal Doshi** will once again bring alive a morning full of singing, joy, laughter and music!

Get ready for a fun-filled Antakshari session that promises energy, camaraderie and unforgettable moments together.

- Enjoy a delightful Bollywood musical morning that will leave you singing along!
- Come, sing your heart out, cheer for your friends, and experience the magic of togetherness in this high-energy, fun-filled musical morning!

Charges: 150/-₹ per person – cash to be paid on the day.

To register for this much awaited event, please WhatsApp your name and membership number to **Rachel Bhot** at **+91 98190 90166** on **Tuesday 28th October 28th** between **9am-12pm** only.

Note: Cancellations must be done at least 48 hours in advance or charges will be applicable.

Gita Purandare

Fiona Rouse

Performing Arts

Friday 7th November

11:00 am - 12:15 pm

Venue:



SG Spaces n Concepts Pvt Ltd.

501 Mint Road

Fort, Mumbai 400 001

(There is no parking; Please note – there are 2 steps to get into the building, and 3-4 steps to get to the lift landing)

Limit: 40 Members

EVER WANTED TO KNOW WHAT AN RJ DOES?

The sultry voice echoes over the radio and your drive time or downtime suddenly got a little easier. That's because **Erica D'Souza** made it a point every day that she worked to make our lives that much more enjoyable.

Celebrity host and one of India's leading broadcast voices, Erica, has energized the entertainment space for three decades. Her journey in FM broadcasting has redefined audio entertainment in India. She is also an orator, scriptwriter and lyricist, music TV director and producer, and so much more. Leveraging her vast experience, Erica also mentors and guides emerging talent in helping others to find their distinctive voice. Finally, leaning into the new technology space, particularly AI, Erica will take us on a journey of fun-filled stories and some thought-provoking issues.

Did you know you had a distinctive voice? Come and join us to find out.

For registration, please WhatsApp only, **Anuradha Pittie** at **+91 98214 21819, Saturday November 1st**, between **2:00 pm to 4:00 pm**. Please do register promptly.

Nandhini Ashok

Avantika Akerkar

Art & Handicrafts

Tuesday 11th November

11:00 am - 12:15 pm

Venue:

Gallery Art & Soul

Madhuli - Ground floor
Next to Poonam Apartments
Worli, Mumbai 400 018



FUEL TO THE FIRE

A new and exciting collaboration comes to the city for the first time. Curators **Adil Writer** and new Indus member Shayonti Salvi bring together ceramic artists in collaboration with non-ceramic artists, and watch the fun and creativity unfold. Stalwarts from both spheres join hands to create sculptures that echo their individual voices. They visit each other's studios, brainstorm concepts, and execute artworks that reflect a brilliant new identity — works that merge two personalities, perspectives, and experiences. Names like Brinda Miller, Arzan Khambatta, Revati Sharma Singh, Seema Kohli, and Sujata Bajaj form one end of the rainbow, while Rakhee Kane, Adil Writer, Shweta Mansingka, Reyaz Badruddin, and Shayonti Salvi form the other. Together, they create the vibrant colours that emerge in between.

Please come and enjoy a visual walk-through at Gallery Art & Soul, where the artists will present the journey of this collaboration — from conception to execution — alongside their curators Adil and Shayonti, through a slideshow and talk. An amazing morning not to be missed.

Reema Pahuja

Maria Bharwani

History & Culture

Friday 14th November

11:00 am – 12:15 pm

Venue:



Cathedral of the Holy Name

19, Nathalal Parekh Marg
Mumbai 400 001

Limit: 25 Members

VISIT TO A 100 YEAR OLD CATHEDRAL IN THE HEART OF MUMBAI

The Cathedral of the Holy Name or Holy Name Cathedral is a Roman Catholic cathedral in the Indian city of Mumbai (Bombay) and the seat of the Archbishop of Bombay and headquarters of the Roman Catholic Archdiocese of Bombay. The cathedral is located in the Colaba area in South Mumbai, and is built in the Gothic Revival style. It sits inside the premises of the Holy Name High School founded in 1939.

Indus members have been fortunate to be invited on a guided tour of this amazingly beautiful site and hear about its history and architecture.

To register kindly **WhatsApp message only**, your name and membership number to **Rekha Chabbria** on **Monday 10th November** between **2:00 pm - 4:30 pm**.

Varsha Alwani

Kavita Aswani Chadda

Philosophy & Religion

Tuesday 18th November

11:00 am – 12:15 pm

Venue:

Gallery Art & Soul

Madhuli - Ground floor

Next to Poonam Apartments

Worli

Mumbai 400 018



JOURNEY INTO IMMERSIVE SOUND WAVES

A sound bath is a meditative experience where participants are immersed in layers of soothing sound vibrations, often created with instruments such as singing bowls, chimes, and gongs. These vibrations can help calm the nervous system, release stored tension, and create a sense of spaciousness, peace and a reset from the chaos of everyday life.

Tianna Khambata's journey with sound began in Auroville at the renowned Svaram Institute where she was introduced to the practice of sound baths. Since then, she has been weaving together breath, movement, and sound to create thoughtfully designed sessions that invite participants to open up, soften, and deeply rest.

Tianna offers sessions that support relaxation and release through art, breath, movement, and sound. With a background as a trained dancer and a certified yoga teacher, she brings a deep understanding of the body and its rhythms into her work.

YOUR YOGA MAT IS YOUR TICKET... DON'T FORGET TO BRING IT!

Sangeeta Javeri

Binaifer Havaladar Antia

Cooking Swapshop

Wednesday 19th November
(Please note the change in date)

11:00 am – 12:15 pm

Residence of:



Vandana Kanoria
Bhagwati Bhavan
3rd Floor, 31-B
Carmichael Road
Mumbai 400 026

Limit: 45 Members

DO YOU KNOW PINOT FROM YOUR CHENIN? DEMYSTIFYING THE ART OF WINE & FOOD PAIRING

Does serving wine intimidate you? Are you unsure what “room temperature” really means, or which food pairings are genius versus disaster? Do you want to know what wine actually works best with brie... or even butter chicken? Our very own member **Lizzie Chapman** is ready to answer all your burning wine questions at this Cooking Swapshop session, making wine approachable and easy for every palate.

Lizzie is a passionate wine enthusiast with over 20 years’ experience and holds the WSET Level 3 Award in Wines—a globally recognized qualification for wine professionals. As India’s top wine reviewer on Vivino, a sought-after wine consultant, and the founder of “Mindful Wine” events, Lizzie makes learning about wine hands-on and genuinely fun. Attendees will learn to taste wine like a pro, match wines confidently to both Indian and Western dishes, and enjoy guided pairings—leaving every guest empowered to select, serve, and savour smartly!

A charge Rs 250 will be collected at the meeting. To register, please WhatsApp your name and membership number to **Ila Kaji** at **+91 98210 36407** on **Wednesday, November 12th**, between **9:30 am and 12:30 pm** only.

Leena Vaid

Sasha Zaveri

Book Discussion

Thursday 20th November

11:00 am – 12:15 pm

Residence of:



Rupande Parekh

20 Kailas, 4th floor
50 Pedder Road
Mumbai 400 026

Guests Welcome

Note: This meeting was rescheduled from August 2025

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

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

Health & Ecology

Friday 21st November

11:00 am - 12:15 pm

Residence of:



Preeti Maria

A1303, Raheja Vivarea
Sane Guruji Marg
Jacob Circle, Mahalaxmi
Mumbai 400 011

Limit: 40 Members

STEP INSIDE THE DESIGN MIND

Join Abraham John Architects for an exclusive session on design without boundaries, from interiors and products to architecture and public spaces. Discover how ideas take shape and see the world through a new design lens.

Anca and Alan Abraham are co-principals of Abraham John Architects, a practice celebrated for work that is sensitive, contextual, and deeply design focused, from high-end interiors to architecture that responds to place and people. Anca leads the interior and landscape design practice, crafting immersive spaces that enrich everyday life, while Alan carries this philosophy into architecture and the civic realm. Together, they co-founded Bombay Greenway, a non-profit reimagining Mumbai's public spaces, rooted in a simple conviction: public land must serve the public, and design is not just about aesthetics, it is a tool for equity, transformation, and connection.

Today, we have Alan Abraham (John Abraham's brother and husband of Anca from Romania, an Indus member) talking to us about sustainable design, architecture, and urban planning.

Sunita Nahar

Els Reynaers

Current Events

Tuesday 25th November

11:00 am – 12:15 pm

Residence of:



Madhavi Kilachand

1-A Suneeta Bldg., 1st Floor
Ridge Road, Malabar Hill
Opp. Malabar Hill Club
Mumbai 400 006

ADD LIFE TO YOUR YEARS: THE NEW SCIENCE OF LONGEVITY & SECRETS TO THRIVING AT ANY AGE WITH DR MARCUS RANNEY

Did you know human life expectancy is rising every year, thanks to billions invested in the science of living longer (and better). Discover how these breakthroughs can enrich your health and your family's well-being with **Dr. Marcus Ranney**, a global longevity expert, physician, bestselling author, and founder of Human Edge. Trained at University College London and with experience at NASA and the Royal Air Force, Dr Ranney is internationally recognised for pioneering work in longevity medicine, biohacking, and digital health.

Join this transformative session to learn the latest science and practical strategies for movement, sleep, nutrition, supplements, stress management, and human connection. Dr Ranney will show you how to elevate energy, fitness, and health span for yourself and help protect your loved ones from lifestyle diseases like fatty liver and diabetes.

Empower yourself to add life to your years—so every year is your healthiest, strongest, and most joyful, together.

Ritu Prakash

Lizzie Chapman

Executive Committee 2025-2026

ART & HANDICRAFTS

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INTERNATIONAL

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