

indus  
INTERNATIONAL



**JUNE - 2021**

TOGETHER WE CAN BUILD CASTLES  
2021-2022

## **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, 2<sup>nd</sup> Floor,  
Free Press Journal Marg,  
Nariman Point,  
Mumbai - 400021.

**Website :** [www.indusinternational.org](http://www.indusinternational.org)  
**Email :** [indus1international@gmail.com](mailto:indus1international@gmail.com)  
**Instagram :** [indusinternationalmumbai](https://www.instagram.com/indusinternationalmumbai)

# INDUS INTERNATIONAL

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## NEWSLETTER JUNE 2021 MONTH AT A GLANCE

Monday	7th	Executive Meeting
Friday	4th	Performing Arts ^
Wednesday	9th	Art @ # ^
Friday	11th	History, Culture & Tours ^
Tuesday	15th	Philosophy and Religion ^
Thursday	17th	Book Discussion ^
Friday	18th	Health & Ecology ^
Tuesday	22nd	Current Events ^
Thursday	24th	Music ^
Friday	25th	Cooking ^

@ Change of date

# Change of time

^ Guests allowed

## DESK OF THE PRESIDENTS

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Yet another year begins full of excitement, enthusiasm, and loads of energy!

The year 2020-21 was not an ordinary year, as the current pandemic took us all by surprise. We now understand that this disruption is no longer a choice. But we do have a choice of how we respond to it.

Our sincere thanks to the Nominating Committee for giving us an opportunity to SERVE Indus, together with an able Board and Executive Committee.

Our sincere appreciation to the outgoing Presidents Maria and Sarita, the Board, and various committees for their inspiring and innovative leadership as they faced last year's uncertainties, by creating a virtual space for us to continue and meet despite the challenging circumstances.

Our theme this year is: 'Together we can build castles', a Castle of digital transformation that will assist us to face external uncertainties and support our members who shy away from technology. Therefore, the process of digital transformation will be based on four main pillars: the first pillar of FRIENDSHIP interwoven with SUPPORT, the second pillar of CHANGE interwoven with ACCEPTANCE, a third pillar with UNITY interwoven with COMPASSION, and the fourth pillar of COURAGE interwoven with OPTIMISM.

We believe that this year we need to be inspired by John F. Kennedy's words and “**Ask not what Indus can do for you - ask what you can do for Indus,**”. Hence, the success of this Indus year depends on each member's contribution to organize interesting speakers while supporting our senior members.

We look forward to an exciting year and we wish you and your loved ones, much happiness, joy, and good health.

**Radhika Kaji**

**Ravit Kedem**



## CHANGES IN DATABASE APRIL 2021

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### RESIGNATIONS

Bapsy Chubb **C12**

Rekha Bhangar **BB2**

Amanda Imasaka **I113**

### CHANGE OF EMAIL ID / ADDRESS / PHONE NOS

Sandhya Tanna **T27**  
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## EXECUTIVE COMMITTEE (2021 – 2022)

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### ART

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### CURRENT EVENTS

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## **EXECUTIVE COMMITTEE (2021 – 2022)**

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### **HEALTH & ECOLOGY**

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### **COOKING SWAPSHOP**

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Salome Roy Kapur  
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### **PERFORMING ARTS**

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Anahita Havaladar  
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### **INDUS ADVISORY COMMITTEE**

Mona Mahadevia  
Nayantara Jain  
Penelope Srivastav

# NOTICE BOARD

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## Condolences

Our deepest condolences to Arti Kashyap upon the sad demise of her husband.

## Indus Etiquette

We would like to remind all members to mention their name on the screen in the following order: Surname, First name, Indus membership number.

Indus thrives when our members are active and participative. Therefore, kindly complete 10 attendance points and 2 participation points in a year from 1<sup>st</sup> April to 31<sup>st</sup> March.

The meetings begin at 11:15am and end at 12:15pm. Kindly notice that participation will be counted only for participation throughout the entire meeting.

Lastly, we would like to remind our members that Indus directory should in no case be used as a forum for publicity. It is strictly forbidden to use the directory to build e-mails or phone listings to advertise.





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## Annual Fee and Membership Renewal Form

Please send your renewal fee of Rs.3,500/- before 31st July 2021.  
Due to the current Covid-19 Pandemic situation, a contactless payment mode has been arranged.

The following are the **TWO payment options**:

**Option 1:** Cheque payment

**Option 2:** Online transfer

Renewal through a payment gateway link .

You can pay with Instamojo, just use this link -

<https://imjo.in/AxkgEN>

**Membership Renewal Form:** Please ensure that the online membership form has been duly filled and returned via email [membershipindus@gmail.com](mailto:membershipindus@gmail.com) to the membership treasurers by 31st July 2021.

<https://mcusercontent.com/60e5327a8eace8bbfe04877be/files/f73e0c5f-a66a-4490-9083->

[fb47de1526d1/MEMBERSHIP\\_RENEWAL\\_FORM\\_2021\\_2022.docx](https://mcusercontent.com/60e5327a8eace8bbfe04877be/files/f73e0c5f-a66a-4490-9083-fb47de1526d1/MEMBERSHIP_RENEWAL_FORM_2021_2022.docx)

**For further information please refer to the email sent on 17/04/21 or Whats app message sent on 21/4/21**

A big thank you to all those who have sent in your fees and the form. The Indus treasurers will be emailing the receipt to all of you. If you have not received the receipt by the end of July and you have paid your fees do get in touch with the treasurers Kaya and Nisha.



## WHOM TO CONTACT

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- Your newsletter does not arrive – Secretaries.
- You would like to assist with a fellowship meeting, the quiz – Vice Presidents.
- You have changed your address, phone number, or email – Membership Treasurers. (indusmembership@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 – Membership Treasurers.
- You need a new name badge - Membership Treasurers.
- Your receipt for your renewal has not arrived by the end of July – Treasurers.
- You have an idea for a speaker for a meeting – the relevant Activity Chairladies.
- You need participation during the year - Participation Help Mate: -  
Mumtaz Kachwalla – 9820037515 Tues / Thurs (10-11 am or 4-5pm)  
Sheena Kataria 9820284890 Wed / Fri (10-11 am or 4-5pm)
- Any Senior Member needs any help: -  
Dinoo Parakh- 9821146023  
Jinx Akerkar- 9820579192

## FINAL APPEAL

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As we are all aware that due to the long-term impact of COVID-19, there is a genuine need for huge financial support as we combat the challenges thrown at children and disadvantaged people across our country. We would like to take a step forward from our side to support the Corona warriors.

We look forward to your participation, contribution and support in whatever way possible. All contributions made will get 80G benefit. No contribution is small. This year we will disburse funds as we receive to ensure maximum benefit at the right time to the daily wage earners and the people hit with covid.

No	List of material	Use	Unit Cost	Unit	Amount (INR)	Name of NGO
1	N 95 Mask	For protection of frontline workers	40	500	20000	United Way Mumbai
2	PPE Kit	Personal Protective Equipment for protection of healthcare workers in COVID-19 wards	400	500	200000	United Way Mumbai
3	Kit - O2 Flow Meter, Nasal Cannula, NRBM (Non re-breather Mask)	To supply the Oxygen to patients. The O2 flow meter, nasal cannula, NRBM masks. These consumables can be used only single time. IIF will give such consumable sets to oxygenate patient at Mokhada COVID centre &PHCs	1950	50	97,500	Impact India Foundation (IIF)
4	Pulse Oxymeter	To track early sign of Covid 19 and symptoms it is important to measure oxygen levels, Heart rate and respiratory rate - CHOs will distribute the pulse oxymeters in Mokhada block - 1 pulse oxymeter to each local champion whom our CHOs will train	1600	800	17,297	Impact India Foundation (IIF)
5	Digital Thermo-meter	To track early sign of Covid 19 and symptoms it is important to measure body temperature levels - CHOs will distribute the digital thermometers in Mokhada block - 1 thermometer each to local champion whom our CHOs will train	2,200	800	23,784	Impact India Foundation (IIF)
6	Daily Meal	For a month 2 meals	45	150	4,05,000	With Arya

No	List of material	Use	Unit Cost	Unit	Amount (INR)	Name of NGO
7	Providing ration & hygiene supplies to daily wage earners	Adequate for 4 persons for 1 month. Contains Rice (10 kgs), Wheat Flour (10 kgs), Tur Dal (3 kgs), Moong Dal (2 kgs), Cooking Oil (3 litres), Salt (1 kg), Sugar (2 kgs), Tea Powder (0.25 kg), Bathing Soap (4), Washing Soap (4), Toothpaste (1), Sanitary Pads (1 packet) and Phenyl (1)	2925	100	292500	United Way Mumbai
8	Providing ration & hygiene supplies to daily wage earners	Sufficient for a family of 4 for 8 days. Rice 5kgs, Atta 5kgs, Rawa half kilo, Sugar 2kgs, Salt 1kg, Toor Dal 2kgs, oil 1 Ltr., Mirchi, Haldi, Dhania Powder 100g. each, Tea 250g., Detergent 2 & Soap 2 units.	950	100	95000	Helping Hands
9	Oxygen Concentrator Machines	An oxygen concentrator is a device used for delivering oxygen to individuals with respiratory illnesses.	43,250	10	4,32,500	With Arya
10	Dialysis machine	Braun German Machine	570000	1	570000	Rotary Club of Bombay
11	Dialysis treatment	Cost of sponsoring @ Rs 900 for each cycle. Patients need 3 cycles per week. 12 for the month	900	144	1,29,600	Rotary Club of Bombay

## EXECUTIVE MEETING

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Monday 7<sup>th</sup>

11 am – 12 pm

**ZOOM meeting:**

**Zoom ID will be posted on whatsapp and emailed one day prior to the meeting.**

Ladies, please email a copy of the blurb for your July meeting latest by 7th June 2021 to both:

Shivani Chadda  
Rachel Bhot

shivani\_chadda@yahoo.co.in  
rachel.bhot@gmail.com

We do not require a hard copy of the blurb.

Please email your attendance sheets from the previous month's meeting to the Membership Treasurers immediately after your meeting.

Selma Kriegner  
Pamela Chay

skriegner@yahoo.com  
pamela\_chay@yahoo.com.sg

**Amisha Himatsingka  
Shivani Chadda**

**Soledad Gramajo  
Rachel Bhot**



## PERFORMING ARTS

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Friday 4<sup>th</sup> June

11.15 am – 12.15 pm

**ZOOM meeting:**

**Zoom ID will be posted on whatsapp and emailed one day prior to the meeting.**

**Guests Welcome**

**Lillette Dubey – Talent & Tenacity always Triumphs**

*Lillette Dubey* achieved fame as an actress in films like Pinjar, Gadar, Monsoon Wedding and international films like The Best Exotic Marigold Hotel and its sequel opposite Richard Gere.

Her power packed theatre performances in plays like Dance Like A Man, Aadhe Adhure & August Osage County have won her many awards and accolades.

Her talent, beauty and radiant personality have charmed her fans all over the world. Her grit, gumption and hard work has made her theatre group one of the most successful in India.

In a freewheeling chat with Indus, she will share her journey as an actor, theatre producer/director and a true woman of substance.

**Deepika Amin**

**Anahita Havaldar**



# ART

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Wednesday 9th                      4pm - 5 pm  
(Please note change of date & time)

**ZOOM meeting:**                      **Zoom ID will be posted on whatsapp  
and emailed one day prior to the  
meeting.**

**Guests Welcome**

## **Rithika Merchant**

Contemporary Artist Rithika Merchant will join us from her Barcelona home to share with us her journey as an artist in the worlds of both art and fashion.

Rithika deals with creating mosaics of myths that question received histories that are available to us throughout culture. Her works are an exploration of epics and myths across geography. Rithika received her Bachelor's Degree in Fine Arts from Parsons the New School for Design, New York (2008). She has exhibited extensively in India, France, Spain, Germany and the United States. She has also collaborated with Chloé fashion house on multiple collections for which she was awarded the Vogue India Young Achiever of the Year Award at its Women of the Year Awards 2018, as well as being named one of Vogue Magazine's Vogue World 100 Creative Voices. In 2021 Merchant was shortlisted for the Sovereign Asian Art Prize for her painting *Saudade*.

**Vinay Kumari Chopra**  
**Jiloo Billimoria**

**Helen Craggs**  
**Nicola Gerber**



## HISTORY, CULTURE & TOURS

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Friday 11<sup>th</sup>

11.15 am – 12.15 pm

**ZOOM meeting:**

**Zoom ID will be posted on whatsapp and emailed one day prior to the meeting.**

**Guests Welcome**

### **Anavila**

**Anavila Misra**, the designer behind the artisanal label Anavila, is known for reintroducing the sari as an everyday fashion and strongly believes in 'being one with the environment'. Her designs communicate the revival of handcrafts and sustainability of fashion's auxiliary industries and are structured for luxury and comfort.

The brand remains firmly grounded to its heritage using indigenous textile, technique and crafts to design collections that reflect our evolved culture. Her work strongly communicates revival of handicrafts and sustainability of fashion's auxiliary industries.

Anavila has built her brand from one weaver on one loom to a business model supporting over two-hundred, fully employed weavers and craftsmen.

Fashion leaders recognize the brand for its contribution – not only to new-age fashion but also to the industry as a whole by adopting sustainable practices within the luxury fashion space. Anavila has been awarded the Vogue India Fashion Fund's Sari Award (2016), FICCI FLO for innovative design (2016), Femina Women Jury Award for Arts and Design (2017) and recently the Condé Nast Traveller and Forest Essentials Excellence Award (2018). She is also on Grazia's 100 Most Influential people in fashion of 2017. Along with these prestigious recognitions, Anavila is humbled to be a part of the NIFT Board of Governors and hopes to constantly inspire the young talent of today.

**Dipti Goenka  
Soha Parekh**

**Priya Mehta**





## PHILOSOPHY & RELIGION

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Tuesday 15<sup>th</sup>

11.15 am – 12.15 pm

**ZOOM meeting:**

**Zoom ID will be posted on whatsapp and emailed one day prior to the meeting.**

**Guests Welcome**

### WHY DO BAD THINGS HAPPEN TO GOOD PEOPLE

**Nityananda Caran Das (Prabhu Nityananda)**, a practicing monk at the Sri Sri Radha Gopinath temple (Iskon - Chowpatty, Mumbai), is a visionary who wishes to revolutionise the current urban scenario by aiding people in leading a life of purpose, fulfilment and satisfaction. He specialises in guiding today's youth, including children and teenagers, to reconnect with their roots and lead a simple yet happy life.

Prabhuji delivers spiritual discourses (online and offline) where he preaches our ancient Vedic culture that includes the holy Srimad Bhagavatam, the Bhagvad Gita and great Indian epics like the Ramayana and Mahabharata. His descriptive abilities instantly transport listeners to the transcendental realm and ignite within them a desire to cultivate devotion.

Prabhuji also facilitates excursion trips for devotees at sacred destinations like Vrindavan, Hrishikesh and Govardhan Ecovillage.

Swamiji's divine radiance, simplicity, friendly stature and open mindedness make him an instant favourite amongst both young and mature seekers. He will be speaking on this very popular topic - 'Why do bad things happen to good people'?

**Sapna Daryanani  
Shalini Chuganee**

**Pushpa Dadlani  
Sabita Chuganee**



## BOOK DISCUSSION

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Thursday 17<sup>th</sup>

11.15 am – 12.15 pm

**ZOOM meeting:**

**Zoom ID will be posted on WhatsApp and emailed one day prior to the meeting.**

**Guests Welcome**

### **ANUKUL A - SHORT MOVIE MODERATED BY SOHA PAREKH**

*Anukul* is an Indian Hindi-language short film directed by Sujoy Ghosh with Parambrata Chatterjee and starring Saurabh Shukla. It is based on short story written by Satyajit Ray.

It is the story of a man who hires a robot-human for his daily chores. The robot looks like a human, acts like one and at times even thinks like one but in the race between technology and 'DIL', humans will always have an upper hand.

What happens when a machine starts questioning our ways of the world? This short film makes us think about the possibilities that are on the verge of becoming a reality.

Our very own Soha Parekh will moderate the questions leading to an interesting debate.

Eight Members who would like to participate in the debate and earn Participation Points, please send a message to Purna Kewalramani on 9820238123

Given below is the link to the movie:

<https://www.youtube.com/watch?v=J2mqIgd5I&t=871s>

Incase you can't connect please go to youtube and type Anukul Movie and it will come up.

**Parnika Khanna**  
**Purna Kewalramani**

**Vidya Srinivas**



## HEALTH & ECOLOGY

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Friday 18th

11.15am – 12.15pm

**ZOOM meeting:**

**Zoom ID will be posted on whatsapp and emailed one day prior to the meeting.**

**Guests Welcome**

**Covid-19, living through the pandemic**

**Zahabiya Khorakiwala** is the Managing Director of Wockhardt Hospitals, a chain of new-age multi super speciality Hospitals. Under her stewardship, Wockhardt Hospitals with six super-speciality hospitals, has emerged as country's foremost patient centric and innovative healthcare destination globally. Championed by robust research & development, Zahabiya has instituted an advanced multidisciplinary regenerative medicine business, the newest venture of Wockhardt group. She has also set up Wockhardt Global School, a state-of-the-art K-12 school with I B Continuum & CBSE programmes in Aurangabad. Schooled at the prestigious Aiglon College in Switzerland, Zahabiya went on to study Psychology at New York University and later received an MBA degree from the Indian School of Business.

She has been recognised as one of India's “Forty under Forty” emerging business leaders by Economic Times. She was also conferred with Young Business Woman Leader Award by Lions Club International and the Women Leadership in Healthcare Award by ABPNews.

Zahabiya is an avid painter. She also plays tennis and loves to dive.

Today Zahabiya will impart us essential knowledge and advice on “Living through the Pandemic”.

**Nafisa Khorakiwala**  
**Shabana Abdulkarim**

**Varsha Alwani**



## CURRENT EVENTS

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Tuesday 22<sup>nd</sup>

11.15 am – 12.15 pm

**ZOOM meeting:**

**Zoom ID will be posted on whatsapp and emailed ne day prior to the meeting.**

**Guests Welcome**

### **A morning with Dr Mukesh Batra - Homeopathy and Epidemics**

The name, Dr Batra's, is today, synonymous with homeopathy. The man behind the brand, **Dr. Mukesh Batra**, is a homeopath of international repute. A pioneering entrepreneur who has revolutionized homeopathy across the world over the last 40 years. The first to initiate standardized patient care, electronic case histories and electronic data management systems in homeopathic practice as early as 1982, Dr. Batra is globally acknowledged for his unparalleled achievement of fusing homeopathic healing with state-of-the-art technology.

Dr Batra envisions extending wellness and care to one crore patients by the year 2020.

A profound proponent of the joy of giving, Dr Batra has set up the Positive Health Foundation, which provides free homeopathic treatment to over 20,000 patients, through clinics across 123 cities. He extends homeopathic care to animal welfare shelters, orphanages and old age homes.

Dr Batra is the recipient of numerous awards, such as 'Health Professional of the Decade', 'Global Indian of the Year', 'Transformational Leader of the Decade', 'Asia's Most Promising Leader in Healthcare' (Dubai), 'World Leader Businessperson' (Morocco) and 'CEO of the Year' (Germany). Dr Batra has also been honoured with the Padma Shri for Medicine (Homeopathy) in 2012 by the President of India.

**Preeti Maria  
Varsha Sheth**

**Avni Parikh**



## COOKING SWAPSHOP

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Friday 25<sup>th</sup>

11.15 am – 12.15 pm

**ZOOM meeting:**

**Zoom ID will be posted on whatsapp and emailed one day prior to the meeting.**

**Guests Welcome**

### **A CULINARY JOURNEY THROUGH THE MEDITERRANEAN WITH CHEF MOSHE**

A new year begins for Indus and we are excited to see our friends again. This month the cooking swap shop has been invited to “Knead” – the recently opened vegetarian café and cooking studio in the Kala Ghoda district.

**Moshe Shek** needs little introduction. He stumbled into the hospitality industry in his 20's and never looked back. He started his career working in the kitchens of five-star hotels, went on to launch his own chain of cafes across Mumbai, curates' culinary workshops at his gorgeous cooking studio in Alibagh and has recently launched café Knead.

Join Moshe at Knead to learn a few delectable Mediterranean dishes.

**Simone Assomull**  
**Rachita Kapur**

**Radhika Singhal**  
**Neelima Patel**



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A moment of happiness,  
you and I sitting on the verandah,  
apparently two, but one in soul, you and I.  
We feel the flowing water of life here,  
you and I, with the garden's beauty  
and the birds singing.  
The stars will be watching us,  
and we will show them  
what it is to be a thin crescent moon.  
You and I unselfed, will be together,  
indifferent to idle speculation, you and I.  
The parrots of heaven will be cracking sugar  
as we laugh together, you and I.  
In one form upon this earth,  
and in another form in a timeless sweet land.

Jalaluddin Rumi

## **Board Members 2021-2022**

### **PRESIDENTS**

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TOGETHER WE CAN BUILD CASTLES  
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