



JANUARY 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

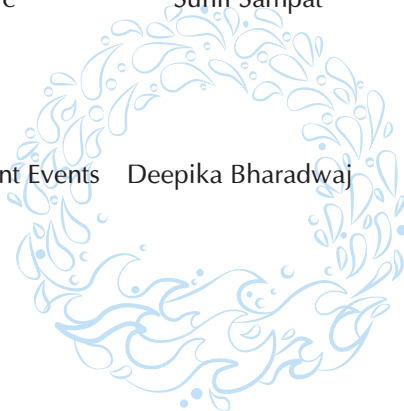
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**Instagram :** indusinternational Mumbai  
Indus International

## January at a Glance

DATE	ACTIVITY	SPEAKER	VENUE
Friday 5 <sup>th</sup>	History Culture & Tours	Lavina Baldota	<b>NGMA</b> MG Road, Fort
Monday 8 <sup>th</sup>	Executive meeting <b>Note Change of Date</b>		<b>Sunita Nahar</b> 51/52 Infinity Tower Narayan Dabholkar Road
Tuesday 9 <sup>th</sup>	Art & Handicrafts	Jalpa Vithalani	<b>Cosmic Art Gallery</b> G-2A Court Chambers 35 New Marine Lines
Friday 12 <sup>th</sup>	Performing Arts	Mahabanoo Mody	<b>Indira Kilachand</b> Kilachand House Nepean Sea Road
Tuesday 16 <sup>th</sup>	Philosophy & Religion	Dr. Jimmy Mody	<b>Maya Merchant</b> Jupiter Apartments 9th Floor, 1 Anstey Rd Off Altamount Road
Thursday 18 <sup>th</sup>	Book Discussion	Sabira Merchant & Mitali Parekh	<b>Mikki Hariani</b> Row House 3 Grand Paradi August Kranti Marg
Friday 19 <sup>th</sup>	Health & Ecology	Suman Agarwal	<b>Gopi Vaid</b> 13 Normandie, 6 <sup>th</sup> floor Carmichael Road
Monday 22 <sup>nd</sup>	Indus Picnic		<b>Swati Jajodia</b> Villa Wood Apple Alibaug
Thursday 25 <sup>th</sup>	Music	Sunil Sampat	<b>Mala Sampat</b> 91 Urvashi 66 Nepean Sea Road Grand Paradi August Kranti Marg
Tuesday 30 <sup>th</sup>	Current Events	Deepika Bharadwaj	<b>Lyla Mehta</b> Marble Arch, 1 <sup>st</sup> Floor 52 Peddar Road



## from the Desk of the Presidents

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With 2024 just a few days away, we wish to convey our warmest wishes to all our members and their families for a Peaceful and Happy New year.

Our Christmas coffee morning was a great success and our heartfelt gratitude to our Vice Presidents and all our volunteer members who worked tirelessly to ensure that it was so enjoyable. Special thanks to our amazing Indus Choir who excelled as always, to Phiroza Muncherjee, our gracious hostess and to Mikki Hariani for contributing the beautiful Christmas decorations.

Our disbursement committee will be distributing funds early next year to the underprivileged and to deserving causes. This has always been such an integral part of Indus. We do invite our members to send us appeals, and also donations, so that we can support these causes.

We bid farewell to our membership treasurer, Ana Panandiker who has moved to Portugal, and we warmly welcome Christina Mirani who will take her place on the Indus Board.

Moving into the next year, our chairladies are constantly working hard to organise a superb variety of amazing speakers and events. There are also many more fun events lined up. Please do attend as many meetings as possible, to ensure that your yearly minimum attendance is met.

Looking forward to another year of friendship and fellowship.

**Hema (Tinu) Shanghvi**

**Pervin Poonawala**



### CONTRIBUTIONS TO CHARITIES

We have received several appeals from charities who need funding for their worthy causes. Ladies, during this festive season, we do hope you will think of those less fortunate than us and donate generously to enable us to support these organisations.

All cheques to be made in favour of Indus International, and **our accountants will issue 80G tax certificates**, which will help you with your taxes on March 31<sup>st</sup>. So do dig deep into your hearts and pockets and help others and yourselves.

### NEWSLETTERS

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 should be switched on at 11:10 am and at the end of the meeting at 12:15 pm  
Screenshots will be taken. Only those members on the screenshots will be given attendance.

### CONGRATULATIONS

Congratulations to Mirella Fiore on the birth of her son, in November.

### NOMINATING COMMITTEE

- 1 Sarita Agarwal - Chairperson
- 2 Pervin Poonawala
- 3 Hema (Tinu) Shanghvi
- 4 Kaya Shewakramani
- 5 Sheena Kataria
- 6 Nicola Gerber
- 7 Maria Bharwani



### DATABASE COMMITTEE

1. Pervin Poonawala
2. Hema (Tinu) Shanghvi
3. Sheena Kataria
4. Kaya Shewakramani
5. Maya Merchant
6. Nicola Gerber
7. Christina Mirani
8. Neena Patel

**SAVE THE DATE!**

ANNUAL EVENT  
SUNDAY, 11<sup>TH</sup> FEBRUARY  
BRUNCH - 11.30 am to 2.00 pm



Friday, 5<sup>th</sup> January  
Note Change of Date & Time

11:15 am - 12:30 pm

**Location:**

**National Gallery of  
Modern Art**  
M.G. Road, Fort  
Mumbai 400 001

Limit: None, but registration is required

### SUTR SANTATI – THEN NOW NEXT

A beautiful collective of a large range of textile arts of India put together and curated by **Lavina Baldota** and supported by **Abheraj Baldota Foundation**. Mayank ManSingh Kaul is the special advisor to the exhibition.

Textile arts and crafts practices by master craftspeople, artists, designers, curators, NGOs, cooperatives and retail stores of the contemporary and novel kind are on display here.

The co-creators, including textile artists, designers and dedicated organizations, breathe life into threads, crafting intricate designs that tell compelling stories. Each masterpiece stands as a tribute to the nation's expertise, fervour and distinctive viewpoints, presenting a rich tapestry of artistry. Join us in honouring these visionaries at the exhibition, where the eloquence of textiles resonates with the depth of their craftsmanship and imaginative spirit.

We will take a guided walk for an hour, starting @11.30 am, at the National Gallery of Modern Art.

**Sonica Arya**

**Radhika Singhal**

For registration, please WhatsApp **Surbhi Tanna** on 9820284355 on **Wednesday, January 3<sup>rd</sup>** between 11.00 am - 1.00 pm.

## Executive Meeting

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**Monday, 8<sup>th</sup> January**  
**Note Change of Date**

11:00 am - 12:15 pm

**Residence of:**

**Sunita Nahar**  
51/52 Infinity Tower  
Narayan Dabholkar Road  
Mumbai 400 006

Ladies, please email a copy of the blurb for your February meeting, latest by 10<sup>th</sup> January, 2024, to both:

Armaity Sumariwalla

[armaitys@gmail.com](mailto:armaitys@gmail.com)

Vidya Srinivas

[vidyacadambe@gmail.com](mailto: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.

[ana.d.panandiker@gmail.com](mailto:ana.d.panandiker@gmail.com)

[Nicola@fusionstudio.eu](mailto:Nicola@fusionstudio.eu)

**Armaity Sumariwalla**

**Vidya Srinivas**





**Tuesday, 9<sup>th</sup> January**

**11:00 am – 12:15 pm**

**Venue :**

**Cosmic Heart Gallery**  
G-2A, Court Chambers  
35, New Marine Lines  
Mumbai 400 020

### **Representando La Vida**

When Art represents Life itself !

This morning, let's stroll through the beautiful Cosmic Heart Gallery and view the amalgamation of two distinct, yet harmonious artistic journeys. The thought-provoking works of two Argentinian artists, Julia Romano and Florencia Aise, explore hyper-realistic portraits, imaginative collages and immersive depictions of natural landscapes.

**Jalpa H Vithalani**, the Founder and Creative Director of the gallery, will talk to us about this amazing exhibition.

Jalpa has curated over 250 artistic, cultural and musical experiences that stem from her belief in a world without borders.

**Prerna Kewalramani**



**Juliana Ballard**

Friday, 12<sup>th</sup> January

11:00 am - 12:15 pm

Residence of:

**Indira Kilachand**  
Kilachand House  
Nepean Sea Road  
Mumbai 400 006

Guests Welcome

### A Morning with Mahabanoo Mody Kotwal

**Mahabanoo** is a nationally and internationally acclaimed producer, director and actor. She became one of India's first stand up artists.

As a director and producer, Mahabanoo has given India some of its most memorable plays over the past couple of decades - Art, Shirley Valentine, (Two) Hot to handle! and The Vagina Monologues, to name a few.

Mahabanoo Mody Kotwal received the very prestigious Karamveer Puraskar Award for her work in using the arts in order to solve issues of social justice.

Today, she will share her journey of the past 4 decades, with us.

**Sunita Nahar**

**Zia Mehta**



Tuesday, 16<sup>th</sup> January

11:00 am - 12:15 pm

**Residence of:**

**Maya Merchant**  
Jupiter Apartments, 9th floor  
1 Anstey Road  
Off Altamount Road  
Opposite Meher Apartments  
Mumbai 400 026

Guests Welcome

### DISCOVER YOUR TRUE POTENTIAL

What is my FULL potential? How far can I go? What should I do with my life?  
Have you ever asked yourself these questions?  
Do you want to know the answers to these pertinent questions?

What is the true purpose of life? Would you like to buy yourself a fast car or a bigger brighter diamond or a larger SOBO house? Would this acquisition be simply to show off, to make others jealous or to make yourself truly happy? Just what would bring you everlasting happiness, meaningful self-gratification and utmost contentment.

Dr. Jimmy Mody has 26 years of experience, practicing as a psychotherapist, clinical hypnotherapist, past life regression therapist, transpersonal regression therapist, psychoanalyst and cognitive behavioral therapist.

Join us today to understand how we can achieve our true full potential. The search for reliable answers to these important questions will take us into the world of the conscious and unconscious mind. Listen to a brief exploration of Infinity and God Consciousness. We will explore the science of Hypnosis and Past Life Regression for the answers. Only then will we begin to discover that each one of us has the potential to achieve what lies far beyond anything we could ever imagine.

**Dr. Jeannie Madan**

**Benu Parkash**

Thursday, 18<sup>th</sup> January

11:00 am – 12:15 pm

Residence of:

**Mikki Hariani**

Row House 3

Grand Paradi

August Kranti Marg

Mumbai 400 036

Guests Welcome

### **A FULL LIFE – BY SABIRA MERCHANT WITH MITALI PAREKH**

**Sabira Merchant** is a cultural juggernaut—a thespian of India's English-language theatre for about half a century and a speech, diction and etiquette mentor to corporates and international beauty queens—besides being an Indus member since 1995.

Everyone knows her, but *A Full Life* tells you more about Sabira —a little girl from Bandra, her encouraging, liberal upbringing in an Ishna Shari household, how we almost lost her to Pakistan and her enduring romance with her husband, Chotu. It's the story of a woman's determination to self-actualize, with elegance and flair - like only Sabira Merchant can.

**Mitali Parekh** is a veteran journalist, whose writing can be found in the Guardian, Time Magazine and Caravan. She is currently a contributing editor with Sunday Mid-Day.

An easy, yet adventurous read that takes the reader back to the old Bombay days of a city full of disco, art, and emerging new possibilities. Sabira Merchant's life experiences and Mitali Parekh's creative words truly spark the interest of the reader.

**Ayesha Soonawalla**

**Farah Raina**

Friday, 19<sup>th</sup> January

11:00 am to 12:15 pm

Residence of:

**Gopi Vaid**

13 Normandie, 6<sup>th</sup> floor

Carmichael Road

Mumbai 400 026

(Lift stops at the 5<sup>th</sup> floor. You will need to climb one floor to the flat)

Guests Welcome

### UNMASKING NUTRITION MYTHS

In a world saturated with conflicting dietary advice, join us for a revelatory exploration into the realm of nutrition myths. This captivating talk is poised to unravel the truth behind common misconceptions, stripping away the confusion that shrouds our understanding of a healthy diet — from fad diets to misunderstood nutrients.

Join us for a morning with the renowned celebrity nutritionist and author, **Suman Agarwal**, whose two decades of expertise has not only transformed lives, including those of industrialists and Bollywood stars, but has also left an indelible mark through the introduction of a healthy product line since 2005.

Beyond earning accolades like the "Best Nutritionist" at prestigious events, Suman's commitment extends to her integral role in selfcare. Here, her pioneering initiatives, technological advancements, and strategic partnerships underscore her unwavering dedication to revolutionizing health and nutrition in India. As an accomplished author of three influential books, including "Unjunked," Suman Agarwal's multifaceted approach promises us a morning of profound insights, myth dispelling and an informed and sustainable approach to nutrition.

Ritu Joshi

Bharti Chotirmal

**LIFE IS A PICNIC - SO LET'S CELEBRATE TOGETHER!  
LET'S LAUGH AND MAKE MEMORIES TOGETHER  
WITH FUN & GAMES, FINGER LICKING FOOD AND SANGRIA TO  
KEEP YOU SWINGING**

**22nd January 2024 11.00 am to 3.30 pm**



**REGISTRATION: NEETA SHETTY +91 93241 67155  
BETWEEN 11 AM & 1 PM ON TUESDAY 2/01/2024 OR WEDNESDAY 3/01/2024**

**CHARGES: Rs.1,200/- PER HEAD  
PLEASE PAY TINU SHANGHVI BY WEDNESDAY 10/01/2024**

**ADDRESS: SWATI JAJODIA, VILLA WOOD APPLE, GATE NO 68 & 70 PARHUPADA,  
MIDC PIPELINE RD, BHISRAI, ALIBAUG, MAHARASHTRA 402201**

**TRANSPORT: CALL TINU SHANGHVI FOR SPEEDBOAT/ TAXI @ Rs1600/- PER HEAD  
OR COME ON YOUR OWN BY RORO OR CATAMARAN/TAXI**

Thursday, 25<sup>th</sup> January

11:00 am – 12:15 pm

Residence of:

**Mala Sampat**  
91 Urvashi  
66 Nepean Sea Road  
Mumbai 400 006

Limit: 30 Members

## JAZZ UP YOUR DAY!!

**Sunil Sampat** got interested in Jazz when he heard a jazz song at a music store, and later explored it when he lived in the US. He is a contributing editor of Rolling Stone India, writing on jazz. He is also on the Jazz Advisory Committee of the NCPA, where he conducts a series of Jazz Listening Sessions.

Jazz music is seen as something distant and esoteric. It isn't either of these! Jazz is arguably the greatest cultural contribution from the US. It has a fascinating history behind its development.

This music has been around for approximately 125 years. Speaking briefly about this, but more significantly about the contribution of this music form to most contemporary popular western music, Sunil will present a talk, interspersed with audio and video clips, to familiarize the audience with this fascinating genre of music.

**Seema Singh**

**Harsha Shaparia**

For registration, please WhatsApp **Kanchan Khubchandani** on 9820076250 on **19<sup>th</sup> Jan '24** between 11 am - 4pm.

There will be a charge of Rs.150 per person.

Cancellations should be done at least 48 hours prior to the event; otherwise, you will be charged.

**Tuesday, 30<sup>th</sup> January**  
**Please note change of Date**

11:00 am – 12:15 pm

**Residence of:**

**Lyla Mehta**  
Marble Arch, 1<sup>st</sup> Floor  
52 Peddar Road  
Near Villa Theresa School  
Mumbai 400 026

### EQUAL JUSTICE FOR ALL

**Deepika Narayan Bharadwaj** is a journalist, documentary film maker, TED speaker and a men's rights activist from Gurgaon. In times when the focus is on Women's rights, Deepika makes a strong case for protection of rights for men too - whether it is against false accusations of domestic violence or sexual crimes perpetrated by them. Her documentary films focus on gender politics from a new perspective, as it intersects with law, justice, culture, society and institutions. Her films are particularly known for ground research, facts and statistics.

**Deepika** will be talking about and showing footage from her documentary films – *Martyrs of Marriage*, based on false dowry cases, which had a global release on Netflix, and *India's Sons*, featuring men who were falsely accused of rape. Through these discussions, she will reflect upon loopholes in laws that are being exploited and misused to punish innocents, and the consequent devastating effects on families.

**Neelam Narayan**



**Barbara Halusa**



## Executive Committee 2023-2024

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### Art & Handicrafts

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Juliana Ballard  
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### Book Discussion

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Ayesha Soonawalla  
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### Current Events

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Barbara Halusa  
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### Cooking Swapshop

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