

indus
INTERNATIONAL



NOVEMBER - 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, 2nd Floor,
Free Press Journal Marg,
Nariman Point,
Mumbai - 400021.

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

HAPPY
Diwali



INDUS INTERNATIONAL

NEWSLETTER NOVEMBER 2021 MONTH AT A GLANCE

Monday	8 th	Executive Meeting@
Tuesday	9 th	Handicrafts
Thursday	11 th	Performing Arts@^
Friday	12 th	History, Culture and Tours^
Tuesday	16 th	Book Discussion@^
Thursday	18 th	Philosophy & Religion@^
Friday	19 th	Current Events@^
Tuesday	23 rd	Health & Ecology@^
Thursday	25 th	Music^
Friday	26 th	Cooking ^
Monday	29 th	Bingo Night#

@ Change of date

Change of time

^ Guests allowed

DESK OF THE PRESIDENTS

It is said that time flies during good times which is so true as we are already halfway through the year.

It was heartwarming to see so many members at the September Fellowship, which took us on a virtual tour to Spain where we experienced the flavour of Spain: places of interest, history, food & festivals. Our very own members Salome Roy Kapur and Selma Kriegner surprised us with a fantastic Salsa dance performance, which turned out to be the highlight of the event. We would like to take this opportunity to thank our Vice Presidents, Salome & Selma for making it a unique and memorable experience for all of us.

This month we would like to continue and create new, fun memories together with a **Diwali celebration**, followed by the **Founders' Day** event. In honor of our founders and past presidents, we had decided to extend the invitation for the Founders' Day event for all our members to enjoy. Please join us on **October 27th**, **at 11am** (the meeting will be slightly longer than our usual meeting time).

This month we will celebrate the Diwali and Christmas festivals with a fun **Bingo Night**, it will be a fun afternoon and we are looking forward to seeing many of you having fun while competing with each other. Kindly check page number 14 for more details.

We are looking forward to seeing you at the
Bingo Night
November 29th at 5pm

As we are not able to host the Festival of Charities this year, we do not want the NGOs to lose out on their revenue, and hence, we will send pamphlets compiled by the NGOs of their products. Kindly use these pamphlets to continue and support the NGOs.

We wish you all a happy festival season with Family and Friends, while you indulge yourselves in delicious food and fun experiences.

Happy Diwali! .

Radhika Kaji

Ravit Kedem



CHANGES IN DATABASE NOVEMBER 2021

CHANGE OF ADDRESS

Bijal Doshi D41
2902 LodhaPrimerio,
N. M. Joshi Marg,
Shastri/Adarsh Nagar
Mahalaxmi
Mumbai 400011

Ana Panandiker PA9
CCI Chambers, 2nd Floor, Flat 19,
Dinshaw Vacha Road, Opp CCI Club,
Churchgate, Mumbai 400020.

BIRTHDAYS FOR NOVEMBER

Ann Means	1 st	Varsha Sethi	21 st
Sahar Agboatwala	1 st	Dinoo Parakh	22 nd
Sunita Khandelwal	2 nd	Pratibha Patel	22 nd
Charu Shah	5 th	Rachel Bhot	23 rd
Gauri Marwah	10 th	Salome Roy Kapur	23 rd
Maya Merchant	14 th	Shibani Gandhi	23 rd
Rachita Kapur	18 th	Tannaz Commissariat	25 th
Rachel Wawn	19 th	Barbara Jenzer	28 th
Nisha Aggarwal	20 th	Veena Kalra	30 th

NOTICE BOARD

ATTENDANCE

A gentle reminder to all our members that active members need to attend a minimum of **7 meetings** by the end of December. Please do take advantage of the wonderful meetings organised by our Chairladies this month.

CONGRATULATIONS

Our warmest congratulations to Indira Nath on becoming a Great Grandmother.

EXECUTIVE MEETING

Monday 8th

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 December meeting latest by 7th November 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 on the email given below.

skriegner@yahoo.com

Shivani Chadda

Rachel Bhot



HANDICRAFTS

Tuesday 9th

11.15 am – 12.15 pm

ZOOM meeting:

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

TABLE DÉCOR WITH A TWIST

Today, we have our very own member, **Anuradha Pittie**, presenting us with decoration ideas in a simple easy DIY style. She will combine floral material and accessories to create table settings with an appropriate ambience for various occasions.

Anuradha holds a Master's degree in Ikebana and conducts personalized workshops called Table Talk.

Ladies, do join us for a colourful morning with a few takeaways for your next party.

Anita Gupta

Laila Karan



PERFORMING ARTS

Thursday 11th

11.15 am – 12.15 pm
(Please note change of date)

ZOOM meeting:

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

Guests Welcome

BOLLYWOOD DANCE & YOGA with BIJAL DOSHI

Today our very own member **Bijal Doshi** will guide us through an interactive Bollywood Yoga and Breaths of Glory (Pranayam) session, to unravel the supreme possibilities concealed in our bodies. Bijal is a popular Yoga Exponent and has shared its goodness in several countries all around the globe.

She has been teaching dancing on Bollywood medleys infusing Pranayam and Asanas and also has an online platform from where she conducts yoga sessions daily.

During the Pandemic, Bijal has conducted many workshops to encourage a love and appreciation of unusual blends of Yogasanas and Pranayama after her YouTube viewership crossed 1.4 million.

Ladies do join us for what promises to be a wonderful, fun morning!

Please be in comfortable workout clothes with videos open.

Deepika Amin

Anahita Havaladar



HISTORY, CULTURE & TOURS

Friday 12th

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

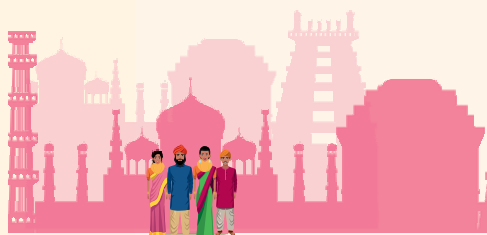
AN ADVENTURE TO MOUNT EVEREST

When **Nimish Parekh**, an avid Mountaineer decided to finally embark on his dream of climbing Mount Everest little did he know that 7300 metres or 24000 feet into the climb he would be tested positive with Covid!

Let us join him as he takes us on this journey which became his worst nightmare.

SohaParekh

Priya Mehta



BOOK DISCUSSION

Tuesday 16th

11.15 am – 12.15 pm
(Please note change of date)

ZOOM meeting:

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

Guests Welcome

MY SINDH - A Journey to the Beloved Homeland

Home is where the heart belongs. It's a place where you find peace and comfort; your haven in a heartless world. When a home is snatched away abruptly – wounds form, and those wounds get passed down the generations.

Shakuntala Bharvani was a baby when her family fled Sindh in 1947. She has never been back. Her book **My Sindh – A Journey to the Beloved Homeland**, explores her deep connection with her homeland.

Bharvani, taught English Literature at Elphinstone College and the Government Law College. She was a visiting Fulbright Professor to the US in 2001. She will be in conversation with Saaz Aggarwal, her editor and publisher, who is recognised for work in Sindh Studies.

January: My Own Mazgaon by Capt Ramesh Babu

February: Cane Cutter's Song by Raphael Confiant, translated by Vidya Venkatesh

Prerna Kewalramani

Vidya Srinivas



PHILOSOPHY & RELIGION

Thursday 18th

11.15 am – 12.15 pm
(Please note change of date)

ZOOM meeting:

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

Guests Welcome

YARON BARZILAY – founder New Acropolis Cultural Organization

Today on World Philosophy Day we welcome **Yaron Barzilay** founder of New Acropolis Cultural Organization in India, a non-profit organization represented in over fifty countries, established on the foundations of Practical Philosophy and Universal Fraternity. Its goal is threefold; to encourage the love of wisdom through the comparative study of philosophies, religions, sciences, and arts; the development of human potential through ethical principles; and the integration of each individual as an active and conscious part of society.

Please join us as he shares his passion for philosophy and his unassailable belief that it has the ability to bring about profound and sustainable change.

Shalini Chuganee

Sabita Chuganee



CURRENT EVENTS

Friday 19th

11.15 am – 12.15 pm
(Please note change of date)

ZOOM meeting:

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

Guests Welcome

INTRODUCTION TO MIND MAPPING

Mind Mapping is a visual information management tool that helps us structure, memorize, organize, arrange, brainstorm and learn information in a highly specialized way. The talk will be conducted by **Nikita Mehta** and **Rashi Panjabi** who are Accredited ThinkBuzan Licensed Instructors. They have been trained under Tony Buzan in Dubai.

Their talk will give you an introduction into the world of mind mapping as an alternative to our regular note-taking system. It will highlight the benefits of using mind maps as a tool to achieve your personal/professional goals, enhance your creativity, accelerate your learning and boost your productivity.

The below listed key concepts will be covered in the talk:

- What is a Mind Map?
- Why is it so important to Mind Map?
- Laws of Mind Mapping
- Activity (Creative)

Please have a blank sheet of A4 paper and a few coloured pens/pencils handy at the time of the talk to enable you to carry out the activity.

Varsha Sheth



Avni Parikh

HEALTH & ECOLOGY

Tuesday 23rd

11.15 am – 12.15 pm
(Please note the change of date)

ZOOM meeting:

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

Guests Welcome

SKY IS NOT THE LIMIT IN AGRICULTURE -UNDERSTANDING HYDROPONICS

Growing plants in space is no longer a dream for human being. Evolving technologies in Agriculture have brought back the farmers in our hearts. More urbanites than ever before are practicing farming and more so in very scientific ways using IT, ML, AI and what not!

Vijay Suresh Yelmalle is a well-known pioneer in hydroponics and Aquaponics. Leaving behind a successful career in Singapore, Vijay returned to India to bring alternate farming tech to Indian farmers. Armed with his immense knowledge in the field, Vijay has successfully trained more than 5000 people in the field of Hydroponics and Aquaponics.

With an MBA from University of Wales, England, under his belt, Vijay has started:

1. **Rural Idea**, to help farmers grow vegetables with sustainable practices.
2. **Mystiq Garden**, providing consumers access safe and healthy food.

Join us to learn about this amazing inside story of high-tech farming bundled with sustainable practices.

Varsha Alwani



Shabana Abdulkarim

MUSIC

Thursday 25th

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 MUSICAL MORNING WITH USHA UTHUP

Usha Uthup, who has enthralled us with her unique style of singing and vibrant personality, will be with us to sing and answer questions.

Usha with her huge tikka and Kanjivaram saris has been an Ambassador of Indian culture and unity. She sings in seventeen different Indian languages and eight foreign languages.

So, ladies come prepared with requests and questions as this is going to be an interactive, super morning.

Salome Roy Kapur

Marietta Barreto



COOKING SWAPSHOP

Friday 26th

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

GOODIES FOR THE FOODIES BY CHEF HARSH SHODHAN

Today we welcome **Chef Harsh Shodhan**, the CEO, Co-Founder and Chief Chef of H & J Food concepts, a hospitality venture that caters to an all-vegetarian high-end gourmet food which has something for everyone.

H & J Food Concepts was conceptualized by Harsh Shodhan and Jay Kantawala in June 2021. They are operating two sub-brands under the parent brand. In 2020, Harsh created Gourmet on the Go, a structured retail delivery business which serves international and Fusion cuisine. In 2021, he decided to launch a new brand catering to Lebanese and Mexican cuisines and Hola Hummm_us was born.

Recently, Gourmet on the Go was rated by GQ India, among the best 16 restaurants and cloud kitchens in Mumbai that have launched new menus for the festive season.

So ladies, this truly promises to be an exciting meeting where Harsh will ensure you take delight in every bite of the recipes he will be sharing with us.

Recipes will be mailed the day before the meeting.

Neelima Patel

Rachita Kapur



BINGO NIGHT

Monday 29th

5.00 pm – 6.00 pm

ZOOM meeting:

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

Call it by any name and we all know it. So ending the festive month of celebrations with a games evening. We cannot play teen patti (a card game) but we can definitely all relax and enjoy a game of **VIRTUAL BINGO**. The same easy game where you will be provided with a ticket and numbers will be announced virtually on Zoom. Bingo is incomplete without some exciting and fun gifts, so of course, we will have those too.

Limit: 50

Only those who register will be allowed to play. For registration please call:

Tinu Shanghvi at 9821027654

Priti Choksi at 9820052110

On Thursday 18th November and Friday 19th November between 4pm to 6 pm.

- Please call during the stated time only.
- If there are cancellations, those on the waitlist will be contacted.

Nisha Aggarwal

Board Members 2021-2022

PRESIDENTS

Radhika Kaji
+91 9987200001
radhikakaji@gmail.com

Ravit Kedem
+91 9819837111
Kravit1@gmail.com

VICE PRESIDENTS

Shivani Chadda
+91 9821045900
Shivani_chadda@yahoo.co.in

Rachel Bhot
+91 9819090166
Rachel.bhot@gmail.com

SECRETARIES

Mira Shah
+91 9323272644
mirishah@gmail.com

Namita Jatia
+91 9820207486
namitajatia@gmail.com

TREASURERS

Kaya Shewakramani
+91 9821052927
shewakramani@gmail.com

Nisha Aggarwal
+91 9920201675
nisha3v@gmail.com

MEMBERSHIP TREASURERS

Selma Kriegner
+91 8828020886
skriegner@yahoo.com



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www.indusinternational.org