

indus
INTERNATIONAL



JANUARY - 2022

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

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INDUS INTERNATIONAL

NEWSLETTER JANUARY 2022 MONTH AT A GLANCE

Thursday	6 th	Art [^]
Friday	7 th	Performing Arts [^]
Monday	10 th	Executive Meeting@
Tuesday	11 th	Handicrafts [^]
Wednesday	12 th	Health & Ecology@# [^]
Friday	14 th	History, Culture and Tours [^]
Tuesday	18 th	Philosophy & Religion [^]
Thursday	20 th	Book Discussion [^]
Tuesday	25 th	Cooking@ [^]
Thursday	27 th	Music [^]
Friday	28 th	Current Events@ [^]

@ Change of date

Change of time

[^] Guests allowed

DESK OF THE PRESIDENTS

Time flies when you are having fun and this Indus year is no exception. Together we are creating fantastic memories while having fun with great fellowships and friendships. And with the New Year just around the corner, we are amazed at how much we have managed to accomplish so far. It's that time of year again when we take a step back and reflect on the events of the previous months before we plan our activities for the next year.

Before we continue to have fun, we would like to thank the amazing Indus board and executive members who put great effort into making our meetings and events meaningful and memorable. We would like to take this opportunity to thank Nisha Agrawal for organizing the first online Indus Bingo Night. It was heartwarming to interact and play together with so many Indus members.

We would also like to thank Rachel Bhot, Mikki Hariani, Marietta Barreto, Gita Purandare, Nicola Gerber, Elinor Mirza, and the amazing Indus Choir members for their great effort in organizing the traditional Christmas morning.

We are planning Indus Quiz in early February, members interested in participating please do give your names to **Hemal Udani +919821119815 Mon- Fri 10-12 noon Jan 3rd - 7th**.

Looking ahead, we are planning many more fun events and meaningful meetings, so don't forget to follow the yearly attendance requirements because the fun has just begun.

Wishing you all a very Happy New Year and we are looking forward to a great year of friendship and fellowship

Radhika Kaji

Ravit Kedem



BIRTHDAYS JANUARY 2022

BIRTHDAYS FOR JANUARY

Usha Parkash	3 rd	Priya Mehta	5 th
Phiroza Muncherjee	6 th	Yasmin Assur	6 th
Helene Lecuyer	7 th	Sahar Agboatwala	11 th
Abha Ghuwalewala	12 th	Kanak Shanghvi	13 th
Sarita Agarwal	13 th	Ana Panandiker	16 th
Mitali Kalra	16 th	Maria Bharwani	17 th
Indira Kilachand	19 th	Renu Bhatia	21 st
Neeta Bhandari	22 nd	Kaya Shewakramani	24 th
Bina Kejriwal	25 th	Rohini Himatsingka	26 th
Usha Aggarwal	29 th		

NOTICE BOARD

DISBURSEMENT COMMITTEE

Ravit Kedem	Radhika Kaji
Kaya Shewakramani	Neeta Bhandari
Bharti Chotirmall	Neena Patel
Rachel Wawn	Ayesha Soonawalla

CONDOLENCES

Our deepest condolences to Nayantara Jain on the sad demise of her father.

Our deepest condolences to Cherry Mehta on the sad demise of her mother in law

EXECUTIVE MEETING

Monday 10th

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 February meeting latest by 7th January 2022 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



ART

Thursday 6th

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

“MAP” & MORE

Abhishek Poddar is a prominent collector and patron of the arts in India. He has been collecting art since high school and has created a significant collection of South Asian art, craft and antiquities, including modern and contemporary art and photography. He is the force behind the upcoming **Museum of Art & Photography (MAP)**, in Bengaluru, where he serves as a trustee and to which he donated the initial leadership gift and a substantial portion of the family's art collection. Besides serving on various boards and committees in India, Poddar also serves on the advisory committees of the India- Europe Foundation for New Dialogues, headquartered in Rome and on the Lincoln Centre Global Advisory Council. He was named as one of Asia's 2018 Heroes of Philanthropy by Forbes Magazine.

Please join us to hear Abhishek in conversation with MAP's founding Director **Kamini Sawhney** as they share with us, the story of MAP.

Jiloo Billimoria

Nicola Gerber



PERFORMING ART

Friday 7th

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

Showcasing Indian Culture to the world – Sanjoy Roy

Sanjoy K. Roy is an entrepreneur of the arts and MD of Teamwork Arts, which produces over 33 highly acclaimed performing arts, visual arts and literary festivals across 40 cities in Australia, Canada, Egypt, France, Germany, Hong Kong, Italy, Singapore, South Africa, Spain, UK and USA, including the world's largest free literary gathering - the annual Jaipur Literature Festival.

Roy has received the National Award for Excellence and Best Director for the film Shahjahanabad: The Twilight Years. He is a founder trustee of Salaam Baalak Trust (SBT) which provides support for street children in Delhi, which received the US President's Arts and Humanities Award from the White House. Sanjoy Roy holds several cultural positions e.g., Co-chair of Art & Culture FICCI; ex-President EEMA, and advisor to the Arts Council of England Diversity board for theatre.

He has lectured and worked with Universities including Western Australia, Durban, Brisbane, Monash, University of Chicago, Harvard, MIT Media lab, Admas, Symbiosis, University of Houston, Columbia College, London School of Economics, University of York, Swansea, etc.

He will speak about his experiences, the importance of cultural exchange and share some videos of the wonderful festivals organised in India and abroad.

Deepika Amin

Anahita Havaladar



HANDICRAFTS

Tuesday 11th

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

ART... A STATE OF MIND !

Gurdeep Singh completed his BFA from Government College of Art, Chandigarh and MFA from College of Art, Delhi. He has held solo shows of his works in India, Europe and the US, and participated in group shows in Munich and Cologne in Germany, and at the Singapore Art Festival.

Although currently based in Canada his works reflect the philosophical, spiritual, energetic, colourful and vibrant spirit of India and today he will share his journey as an artist.

Anita Gupta

Laila Karan



HEALTH & ECOLOGY

Wednesday 12th

3.30 pm – 4.30 pm

(Please note change of date and time)

ZOOM meeting:

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

Guests Welcome

LIVING IN HARMONY WITH YOUR FIVE ELEMENTS

Samkhya Consulting founder, **Suchita Vaswani** is a certified Ayurveda consultant from the reputed Ayurveda Pura Academy, London. Samkhya means the 'realization of truth' and describes Suchita's journey.

Some time back, she was diagnosed with Auto Immune Disorder. She stumbled upon Ayurveda and using its philosophy, nursed herself back to health in six months. Suchita's passion for Ayurveda led to setting up a yoga centre in Lagos, a massage therapy space and a health service bar.

Our precious bodies, all matter on Earth are a unique combination of the five elements of nature. Everything, including drugs, herbs and living beings has these basic elements. A tiny imbalance in any of the elements can cause disease, pain and behavioural changes as well. Lets's learn as Suchita shares easy ways to create stability in our lives by living in harmony with the cycles of nature.

Varsha Alwani

Shabana Abdulkarim



HISTORY, CULTURE & TOURS

Friday 14th

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

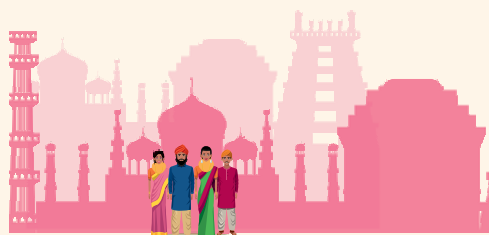
SCULPTURES AND DANCE

Sculptures in India are not just aesthetic representations in stone. They are way beyond and lead us to understand many nuances of allied arts like the art of dance. In this talk we will walk into a wide array of sculptures from across the country. The knowledge of various aspects of pure dance and *abhinaya* are exhibited in these sculptural creations by **Dr Prachi Jariwala**.

Dr. Prachi Jariwala is an accomplished Indian classical dancer. After pursuing Bharata Natyam under the guidance of Kalashree Dr Latha Surendran, she went on to learn Odissi in which she found her medium of expression. She is a senior disciple of Smt. Daksha Mashruwala, who is a renowned Odissi dancer

Soha Parekh

Priya Mehta



PHILOSOPHY & RELIGION

Tuesday 18th

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

BOUND BY LOVE

Today we welcome **Nityanand Charan Das**, a practising monk at ISKCON, Chowpatty, Mumbai.

Author of the newly published book 'Bound by Love' which speaks of absolute truth, and sacred surrender and submission to the idea of pure love, Nityanand is a visionary who wishes to revolutionise the current urban scenario by aiding people in leading a life of purpose, fulfilment and satisfaction.

He also specializes in guiding today's youth to reconnect with their roots and lead a simple yet happy life.

Join us as we are enlightened on the philosophy of learning to love as we continually learn to grow.

Shalini Chuganee

Sabita Chuganee



BOOK DISCUSSION

Thursday 20th

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

Mazagon is a part of Bombay that one does not associate with high incomes. Yet this part of the city, once inhabited by Kolis, Bhandaris and Agris fetched the highest revenue for the Portuguese among all the seven islands of Bombay. The island had its own fort, dock, churches, gunpowder factory and even a Hanging Garden long before the one in Malabar Hill was built.

“My Own Mazagon” by Captain Ramesh Babu narrates stories that rediscover the lost glory of Mazagaon and resurrect its identity.

Captain Babu is an engineer, history buff and story teller, who served in the Indian Navy for 25 years and then worked at Mazagon Dock for 15 years. He conducted heritage walks in Bombay and Calicut to raise funds for needy children. Retired, he now lives in his native village in Kerala.

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

Prerna Kewalramani

Vidya Srinivas



COOKING SWAPSHOP

Tuesday 25th

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

ALL THINGS NICE

Renowned Sommelier **Nikhil Agarwal** takes us through the fascinating world of wine as we discuss All Things Vino.

Nikhil is the founder of **All Things Nice** as a Luxury, Wine And Spirits Consulting & Marketing Agency started with the aim to revolutionize wine and spirit consumption in India

Learn what makes each wine different, the impact of terroir, old world vs new world wines, the importance of glassware, storage and decanting and how to pair wines with cheese and various cuisines at this interactive wine talk.

We promise you an extremely interesting morning, full of stories & anecdotes spiked with Nikhil's own special style and humour.

Neelima Patel

Rachita Kapur



MUSIC

Thursday 27th

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 ILA ARUN

This morning we are fortunate to meet the voice behind Choli ke Peeche, Ring Ring Ring from Slumdog Millionaire and the Halla Bol song from the IPL that had the nation singing along!

Ila Arun, the multitalented Singer, Actor, Producer, Composer, Lyricist and Playwright will take us on a journey through her amazing, varied career. Ms Arun has been the organiser of the Ibsen Festival in Mumbai for the past seven years and has adapted and produced Ibsen's plays into Hindi, Marathi, Gujarati, Malayalam and English. She has performed over 200 live musical shows in India and abroad.

She was invited by the Smithsonian Institution Washington DC to give a lecture cum demonstration on Traditional Folk Dance and Music from Rajasthan.

She was introduced to films by Mr Shyam Bengal and has acted in over 40 films - Jodha Akbar, Welcome to Sajjanpur, Mandi, Ghatak, Ardha Satya to name a few.

A special morning with a special lady.

Salome Roy Kapur

Marietta Barreto



CURRENT EVENTS

Friday 28th

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

Everyone encounters quite a few conflicts in their daily life and it is clear they can end differently, for the benefit of both parties and for the benefit of the atmosphere created. It frustrates one that conflicts cloud one's mood and influence it, progress slows and any chance of cooperation is eliminated. It's clear that if only one had the right tools, we could understand what's hiding underneath, unravel the conflicts, live in harmony, even when there is no consent.

Ortal Duzly invites you all for a taste menu through five steps:

- Recognizing the disagreement source
- Observing of your paradigm
- Looking beyond and under the table
- Actively Listening
- Model for Resolution

Ortal Duzly is a facilitator in the field of conflict management, complex call management, motivating a team to carry out a task and dealing with objections. Creator and leader of the White Table initiative: Online meetings for unravelling conflict. Coaches employees from around the world and at all career levels on CoachHub, a digital coaching platform that enables personalized (tailored) coaching and professional development.

Looking forward to explore how to unravel your conflicts .

Varsha Sheth



Avni Parikh

Board Members 2021-2022

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