

indus
INTERNATIONAL



OCTOBER - 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

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INDUS INTERNATIONAL

NEWSLETTER OCTOBER 2021 MONTH AT A GLANCE

Friday	1 st	Performing Arts [^]
Monday	4 th	Executive Meeting
Friday	8 th	History, Culture and Tours [^] & Art
Monday	11 th	Current Events@ [^]
Tuesday	12 th	Handicrafts [^]
Wednesday	13 th	Music@ [^]
Monday	18 th	Health & Ecology@ [^]
Tuesday	19 th	Philosophy & Religion [^]
Thursday	21 st	Book Discussion [^]
Friday	22 nd	Cooking [^]
Wednesday	27 th	Founders' Day

@ Change of date

Change of time

[^] Guests allowed

DESK OF THE PRESIDENTS

Dear Friends,

The festival season has begun last month with the Ganesh Chaturthi and Janmashtami and will continue this month with the Navratri, Dussehra, and Diwali festivals.

Diwali, the festival of lights is approaching and soon, we will all immerse in the joy and happiness of the festival spirit. Let us all celebrate together in the true Indus spirit, as this year we will merge the **Diwali celebration** with **Indus' Founders Day**.

This year, we will honor our Founder member and Past presidents for their great effort and continuous contribution through the years. They have been one of the pillars of our foundation and their exceptional leadership gave a new perspective to our multifaceted organization.

Kindly see it as a personal invitation to attend

the **Diwali celebration** and **Founders Day**

on

October 27th at 11am.

And yet, another month of fabulous meetings has gone by, with amazing attendance. A big thank you to all those who have helped us organize meetings and fellowship events during the month of September.

We are looking forward to another exciting month full of interesting meetings and celebrations.

Radhika Kaji

Ravit Kedem



CHANGES IN DATABASE OCTOBER 2021

NEW EMAIL ADDRESS

Nafisa Khorakiwala KB3 - nafisa.khorakiwala7@gmail.com

BIRTHDAYS FOR OCTOBER

Rina Kapadia	1 st	Mona Mahadevia	15 th
Perna Kewalramani	2 nd	Vandana Kanoria	16 th
Helen Craggs	7 th	Pami Aswani	17 th
Ritu Desai	8 th	Anahita Havaladar	20 th
Namrata Singhania	11 th	Anju Kanodia	25 th
Anjali Mathur	12 th	Dipika Shroff	27 th
Binaifer Hiloo	12 th	Rani Tarneja	30 th
Sangeeta Katariya	14 th	Tinu Shanghvi	31 st

NOTICE BOARD

CONDOLENCES

Our deepest condolences to Jyoti Jasani, upon the sad demise of her mother.

Our deepest condolences to Perna Kewalramani upon the sad demise of her father-in-law.

Our deepest condolences to Marie Bulchandani upon the sad demise of her father-in-law.

Our deepest condolences to Preeti Maria upon the sad demise of her mother.

EXECUTIVE MEETING

Monday 4th

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 November meeting latest by 7th October 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



PERFORMING ARTS

Friday 1st

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

VIVECK VASWANI– the Business Side of Media

Is a career in creative media and entertainment viable? How do web platforms and films make money? How can artistes survive today?

Viveck Vaswani has been an actor, director, producer, writer, journalist and consultant to the Indian Film Industry for the last 42 years. He has launched new talent and mentored and guided some of the biggest names in showbiz today like Shah Rukh Khan, Raveena Tandon, Boman Irani, Rahul Bose, Aziz Mirza, Sanjay Gupta etc.

Viveck has been the Dean of the School of Contemporary Media at Pearl Academy for the last two years.

He will shed some light on the mystery of making money in media.

Deepika Amin

Anahita Havaladar



HISTORY, CULTURE & TOURS & ART

Friday 8th

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

ROMANCE WITH NATURE (PHOTOGRAPHY)

Photography is a medium that is used by **Rajesh Khanna** to evoke love for wildlife & its conservation. Passionate about conservation and photography, Rajesh travels extensively across various wildlife parks in India, Botswana, Tanzania, Kenya, Namibia and South Africa to capture wildlife in its natural habitat. During his talk, “Romance with Nature”, Rajesh will share his experiences & journey with wildlife.

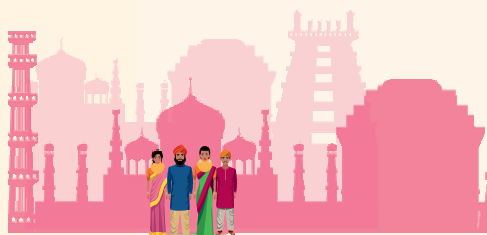
One of his photos has featured on the cover of Sanctuary Asia magazine. He has participated in several exhibitions such as “Save the Tiger” at Tao art gallery and the art gallery at Piral Tower. His photos are exhibited at The Imperial Club by Leela and at Leeu Estates, South Africa.

Rajesh is the Founder and CEO of Arka Capital, and is an investor in various companies. He is a member of the Board of Max Life Insurance Company Ltd, and of the Advisory Board of Kae Capital. Previously, he served as a Managing Director and India Head of Warburg Pincus, and was a member of its global Executive Management Group.

Ladies do join us for this wildlife journey!

Soha Parekh
Jiloo Billimoria

Priya Mehta
Nicola Gerber



CURRENT EVENTS

Monday 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

YOUNG TURKS: Journey to Olympics and Beyond

We present to you two individuals who have insurmountable belief in themselves and made their seemingly impossible dreams possible through immense grit & determination.

Aparna Popat, 2-time Olympian (2000,2004), 4 medals at Commonwealth Games. First Indian to win a medal at the World Junior Championships -1996. Winner of 16 world titles out of 17 years. Arjun Award winner 2005 and much more.

Imtiaz Anees, Equestrian. Won Bronze in Asian Games Thailand, won Bronze in the Asia Pacific Games Australia, strong contestant at the World Equestrian Games Spain. An Author, Trainer, Competitor, and a level two instructor & Coach he owns and runs an Equestrian Training Facility.

In conversation with **Kunal Maria**, founder and CEO of Corvus American Academy in Karjat and a basketball player at State & National level, who has worked in the sports industry in the USA for more than a decade.

Let us see what these Young Turks say about what it takes to reach the Olympics and what life offers afterwards.

Varsha Sheth

Avni Parikh

HANDICRAFTS

Tuesday 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

FOCUS ON NAGALAND: the land of beautiful, unique textiles

Radhi Parekh is Founder Director of ARTISANS', a social enterprise that aims to revitalize and sustain India's unique craft and cultural traditions. She is a graduate of the National Institute of Design (NID) India and returned to India in 2009 after a career in design spanning two decades and three continents.

Today Radhi will speak to us about a venture close to her heart... ARTISANS' Sustainable Development Foundation's project, Leshemi Origins. It is an endeavor to develop a value-based economy that preserves local identity and self-sustainability; and empowers women's livelihoods and local enterprise through co-design.

At one of the highest places in the hills of Nagaland, stinging nettle is foraged from the wild, and tamed, soft enough to be worn. Indigenous women of the Chakhesang tribe from Leshemi, a remote Naga village in Northeast India, weave nettle or 'thebvo' into shawls on back-strap looms in a process that remains unchanged to this day. The fibre-to-fabric journey is zero-carbon-footprint. Ladies, do join us for what promises to be a fascinating morning and hear more about the process.

Anita Gupta

Laila Karan



MUSIC

Wednesday 13th

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

SONIA SHIRSAT: Portuguese Fado Singer

Sonia Shirsat is a famous Portuguese Fado singer based in Goa who specialises in introducing this wonderful form of music to different parts of India and around the world.

Fado literally means destiny. Some say it was sung by seafarers who longed for their family and home. – others claim that it was sung by the street comfort women of Portugal. Either way, Fado music is expressive and profoundly melancholic with meaningful lyrics.

Sonia will give us a special presentation on the origins and background of Fado music and describe how she has chosen to include Konkani lyrics to creatively adapt and celebrate the fusion of Goa Portuguesa music and culture.

Join us for an entertaining morning to learn about the soul of Portuguese music!

Salome Roy Kapur

Marietta Barreto



HEALTH & ECOLOGY

Monday 18th

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

NUTRITON AND ANTI-AGEING HACKS OVER THE AGE OF 50

“Eat for the body you want, not for the body you have.” That's how Celebrity Nutritionist and Wellness Consultant **Neha Sahaya** summarizes her philosophy for achieving a healthy and fit body. She is an advocate of a healthy lifestyle and has always believed that you can only achieve the body or a fitness level if you want to and constantly make an effort to change. She has worked with Celebrities like Kajal Agarwal, Tanisha Mukherjee, Sunil Shetty and Baba Ramdev for Mission Fit India as their Nutrition consultant.

For this exclusive chat, she will be discussing exercise and nutrition hacks, anti-aging techniques, the role of vitamins and gut to reduce aging, facial exercises to reduce wrinkles and improve blood flow and shattering diet myths with a question-answer round.

Varsha Alwani

Shabana Abdulkarim



PHILOSOPHY & RELIGION

Tuesday 19th

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

THE ESSENCE OF SIKHISM

Today we welcome **Amarjot Singh Bedi** 18th descendant of Guru Nanak Dev Ji (The Founder of Sikh religion).

An over achiever at a very young age, in a variety of fields and industries, Amarjot was one of the youngest Municipal Councillors at age of 25 of Una Municipal Council, Himachal Pradesh.

Amarjot has been an innovative farmer by profession, an avid sports enthusiast, tennis player and president of the tennis association, an academician holding a BA, LLB, diploma in Computer Science, an MA in English and a photographer by interest.

Today we welcome Amarjot for our second P&R “In Conversation” which shall be moderated by our very own Radhika Singhal. Please join us as Amarjot enlightens us on the true essence of Sikhism and the beauty of Guru Nanak's teachings.

Shalini Chuganee

Sabita Chuganee



BOOK DISCUSSION

Thursday 21st

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

GONE WITH THE VINDALOO

Kalaam accidentally discovers that he has a flair for concocting the most delectable dishes. A gift he passes through his son onto his grandson Pakwaan, whose signature Vindaloo catches the fancy of everyone who tastes it including the Nirvana seeking Russo-American, Svetlana.

Vikram Nair's *Gone with the Vindaloo* is a lunatic romp through a century's worth of history following the lives, times and exploits of three generations of cooks.

Nair, CEO of the restaurant chain, 'Khaja Chowk', has been self-employed for most of his life as not too many people agreed to employ him. He will conduct the discussion.

November Book: My Sindh – Journey to the Beloved Homeland by Shakuntala Bharvani

Prerna Kewalramani

Vidya Srinivas



COOKING SWAPSHOP

FriFriday 22nd

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

CAFÉ PANAMA

Cafe Panama is the newest entrant to the Todi-Mathuradas mill compound. This gorgeous 4000 square foot, laid-back and refreshing tropical all-day space aspires to be more than just a restaurant. The 'Palm Beach' inspired interiors ooze “Tropical Glam” and create the perfect ambience to connect people, cultures and traditions.

The founders **Sohel Lalwani & Shaan Gidwani's** vision was to create a RestoBar, serving Contemporary cuisine with a twist of Latin American warmth and energy. The eclectic and carefully curated menu offers a wide selection of traditional and contemporary South American Cuisine, and a “whimsical” cocktail menu!

Until safer times, when we can visit the lovely Café Panama and soak in the joie de vivre, let's learn to cook some of their delights in our own homes. Do join us as the chefs share some of their special recipes and secrets.

Recipes will be mailed the day before the meeting.

Neelima Patel

Rachita Kapur



FOUNDERS' DAY

Wednesday 27th

11.15 pm – 12.15 pm

ZOOM meeting:

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

DIWALI DELIGHTS WITH OUR PAST PRESIDENTS

Today we would like to welcome our Founder Member and all our Past Presidents to a celebration of their amazing contribution to Indus. On behalf of Indus International, we would like to thank them all for their great effort and continuous support through the years.

The morning will consist of messages from some of our Past Presidents and will be rounded off with a Diwali celebration including a colourful rangoli display & an Odissi dance recital from the eastern state of Orissa by our own member Avni Parikh.

Please do join us for a morning of happy memories and gratitude.

Dress Code: Festive.

Radhika Kaji
Shivani Chadda

Ravit Kedem
Rachel Bhot



Indus International
Founders 6TH November 1967
FOUNDING MEMBERS

1. Virginia Braddock
2. Mrs.V. Naik
3. Betsy Frazier
4. Thrity Taleyarkhan
5. Kay Eakin
6. Danni Chinai
7. Kamala Sethi
8. Linda Hoary
9. Aruna Sunderlal
10. Gauga Hiranandani
11. Edna Sims
12. Lorraine Hanson
13. Sarla Shah
14. Beth Moore
15. Dolores Fricke
16. Margaret Baptista
17. Mary Lou Stahlman
18. Jerry Bird
19. Duchie Iyer
20. Mary Boass
21. Saroj Prakash
22. Shaila Parikh
23. Ann Angel
24. Perin Gobhai
25. Sally Cheney
26. Kamalini Parpia
27. Berlie Ross
28. Clare Feldman
29. Homai Peerbhoy



LIST OF INDUS INTERNATIONAL PRESIDENTS

67—Dec68	Thrity Taleyarki	Betty Frazier
—Jan70	Thrity Taleyarkhan	Betty Frazier
Jan70—Jan71	Kamalini Parpia	Lorraine Hanson
Jan71—Aug71	Kamalini Parpia	Lorraine Hanson
Aug71—Mar72	Kamalini Parpia	Lorraine Hanson
Apr72—Sep72	Shaila Parikh	Linda Morrison
Sep72—Mar73	Shaila Parikh	Pat Cass
Apr73—Mar74	Mahaboob Nasullah	Jean Bonjour
Apr74—Mar75	Indira Mahindra	Annabel Mehta
Apr75—Mar76	Saro jPrakash	Marguerite Rich
Apr76—Mar77	Syclla Vatcha	Suzanne Gibbons
Apr77—Mar78	Nirmala Seshadri	Suzanne Gibbons
Apr78—Mar79	Shirin Chagla	Iris Kneeshaw
Apr79—Mar80	Homai Peerbhoy	Jinx Akerkar
Apr80—Mar81	Hovovi Sanjana	Liz Atkinson
Apr-81—Mar82	Aloo Hathikhanavala	Diana Macmull
Apr82—Mar83	Kamala Laxman	Peggy iagg
Apr83—Mar84	Amrita Singh	Trudy Oortman-Gerlways
Apr84—Mar85	Asha Vohra	Janet Paton
Apr85—Mar86	Meera Rao	Armene Modi
Apr86—Mar87	Uma Rana	Marianne Fox
Apr87—Mar88	Soona Mirza	Sarah Roberts
88—Mar89	Shali Chandana	Petra Heck/Jan Guthrey
Apr89—Mar90	Shakuntala Jagannathan	Jan Guthrey / Heidi Hayn
Apr90—Mar91	Suraiya Jetha	Heidi Hayn
Apr91—Mar92	Manachanda	Martina Vlugter
Mar-93	Rekha Shah Pratibha	Jinx Akerkar





Apr93—Mar94	Pratibha Patel	Jacqueline Rouwenhorst
Apr94—Mar95	Indira Nath	Candida Hasselman
Apr95—Mar96	Mahabanoo Kotwal	Anna Morizzo
Apr96—Mar97	Sunita Soi	Sue Fish
Apr97—Mar98	Nina Kilachand	Susan Seth / Marianne Ehrnreich
Apr98—Mar99	Sabita Chuganee	Heather Charraudeau
Apr99—Mar2000	Hems Deora	Ingrid Kenyon-Muir
Apr2000—Mar-2001	Veena Mallik	Marjolyn Hannart
Apr2001—Mar2002	Sunita Khandelwal	Heather Charraudeau/ Susi Weijburg
Apr2002—Mar2003	Sucharita Hegde	Ingeborg Faust
Apr2003—Mar2004	Indira Amin	Tosca Nillesen /Mikki Hariani
Apr2004—Mar2005	Annu Toshniwal	Elinor Mirza
Apr2005—Mar2006	Surbhi Tanna	Mikki Hariani
Apr2006—Mar2007	Veena Kalra	Patricia Sharma
Apr2007—Mar2008	Hoofrish Vakil	Ingrid Schilling
Apr2008—Mar2009	Nayantara Jain	Chelo Sanchez
Apr2009—Mar2010	Indira Kilachand	Sue Khan
Apr2010—Mar2011	Padma Vazirani	Janet Sharp
Apr2011—Mar2012	Bijal Doshi	Rachel K Macmull
Apr2012—Mar20	Phiroza Muncherjee	Bharti Chotirmall
Apr2013—Mar20	Mumtaz Kachwalla	Dettha Pieters
Apr2014—Mar2015	Dinoo Parakh	Helene Lecuyer
Apr2015—Mar2016	Mona Mahadevia	Ravit Kedem
Apr2016—Mar2017	Nisha Mehta	Penelope Shrivastav
Apr2017—Mar2018	Sandhya Vora	Selma Kriegner
Apr2018—Mar2019	Maya Merchant	Ana Panandiker
Apr2019—Mar2020	Vrinda Jhunhunwala	Rachel Bhot
Apr2020—Mar2021	Sarita Aggrawal	Maria Bharwani
Apr2021—Mar2022	Radhika Kaji	Ravit Kedem



Board Members 2021-2022

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