



JULY 2023

## **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 :** [membershipindus@gmail.com](mailto:membershipindus@gmail.com)  
**Instagram :** indusinternational Mumbai  
Indus International

## Month at a Glance - July 2023

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DATE	ACTIVITY	SPEAKER	VENUE
3 <sup>rd</sup> July	Executive Meeting		Zoom
7 <sup>th</sup> July	Performing Arts	Himanshu Sheth	Sheena Kataria Shiv Shanti Bhuvan Opp. Oval Maidan
11 <sup>th</sup> July	Art & Handicrafts	Anjani Khanna	Swati Jajodia Raheja Regale Opp. Nepean House Nepean Sea Road
14 <sup>th</sup> July	History, Culture and Tours (Guests welcome)	Monidipa Dey	Zoom
18 <sup>th</sup> July	Philosophy and Religion (Guests welcome)	Misbah Currim	Anju Siraj Govind Mahal 86/B Marine Drive 4 <sup>th</sup> bldg. from flyover
20 <sup>th</sup> July	Book Discussion (Guests Welcome)	Gayatri Pahlajani	Sonica Arya Mohammadbhoy - Mansion Above Crossword Kemps Corner
21 <sup>st</sup> July	Health and Ecology	Ishita Bhatia	Rashmi Mehra Urvashi Petit Hall Nepean Sea Road
25 <sup>th</sup> July	Current Events	Nicola Gerber	Maya Merchant 91-A Jupiter Apts. 1 Anstey Road Off Altamount Road
27 <sup>th</sup> July	Music	Shalini Kamath	Jyoti Jasani The South Bay 20th floor, 31 N.S. Patkar Marg, Opp. Khareghat Colony Next to HDFC Bank
28 <sup>th</sup> July	Cooking Swapshop	Harsh Shodhan	Medha Chinai B-31, Mayfair Gardens Little Gibbs Road Malabar Hill



## From the desk of the Presidents

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With the coming of the monsoon, and hopefully some cooler weather, we have so much in store for all our members in the next few months.

Our Chairladies have lined up very interesting meetings with such diverse topics and we do hope all our members will attend and take advantage of the opportunities to get together.

The Disbursement and Membership Committees have been formed. We look forward to working with our new committee members and thank them all.

Our enthusiastic Travel Committee, as always, has been working hard to put together a great Indian trip and some details are included in this newsletter. The Indus trips are always great fun and such a super opportunity to bond and also make new friends; so we do hope we have a record number of members joining up this year.

We have also planned lots of special fun events throughout the year & details of our Indus Fellowship are included herein. We need active participation to make this a big success; so please do contact our Vice Presidents and we look forward to your suggestions & participation.

**Hema (Tinu) Shanghvi**

**Pervin Poonawala**



## Extraordinary General Meeting

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Notice is hereby given that an **Extraordinary General Meeting** of Indus International will be held virtually on 3rd July, 2023 at 10.15 am. The meeting is being called to pass the Resolution proposed below.

**To consider and if thought fit, to pass with or without modifications, the following Resolution:**

**RESOLVED** that the Audited Balance Sheet as on 31st March 2023 and the Income and Expenditure Account for the year ended 31<sup>st</sup> March 2023, presented before the EXTRAORDINARY GENERAL MEETING on 3rd July 2023 are hereby received and adopted.

### Explanatory Statement

The Accounts of Indus International could not be approved at the Annual General Meeting held on 21<sup>st</sup> April 2023 as the audit had not been completed.

Therefore, under article 66(2) of the Rules and Regulations of the Memorandum of Association of Indus International, the meeting is being called to pass this Resolution.

All accounts, as per the income tax mandate, must be maintained for 7 years in physical hard copy, preceding the current year i.e. 2016 onwards. Vouchers, bills, etc., prior to 2015, shall be destroyed.

**Hema (Tinu) Shanghvi**  
President

**Pervin Poonawala**  
President



## Notice Board

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Monthly newsletters will be sent by Email and WhatsApp.  
You may contact the Vice Presidents if you do not receive your newsletter.

### Condolences

Our deepest condolences to Dolat Kotwal on the sad demise of her husband.

Our deepest condolences to Vandana Kanoria on the sad demise of her mother-in-law.

### Congratulations

Our warmest congratulations to Renu Bhatia on becoming a great grandmother.

Our warmest congratulations to Ameeta Shah on the birth of her grandson

### Membership Committee (2023-2024)

Presidents	Hema Shanghvi	Pervin Poonawala
Past Presidents	Sheena Kataria	Nalini Shewakramani
Membership Treasurers	Ana Panandiker	Nicola Gerber
Members	Bharti Chotirmal	Ritu Prakash Desai
	Penelope Shrivastav	

### Disbursement Committee (2023-2024)

Presidents	Hema Shanghvi	Pervin Poonawala
Treasurers	Amisha Himatsingka	Ameeta Shah
Members	Vanita Bhandari	Priya Shah
	Dilnaar Ahmadullah	Nafisa Khorakiwala

## Notice Board

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### Welfare

Instagram-<https://Instagram.com/festivalofcharities>

Please do follow and like their posts and encourage the NGOs by purchasing their products.

Website:<https://www.indusinternational.org/festivalofcharities>

### Fellowship

An in-person Fellowship is scheduled for Friday 22<sup>nd</sup> September at Raheja Vivarea and will celebrate the International Cultures that are an inherent part of Indus International.

We invite all our international members to contribute and participate in the festivities. Our Indian members are also welcome to help with the arrangements and organisation.

Please contact Vice Presidents Armaity Sumariwalla and Vidya Srinivas if you would like to participate/contribute in any way.

### Annual Fee and Membership Renewal Form

Please send your renewal fee of Rs 3500/- before 31<sup>st</sup> July 2023.

The following are the two payment options:

**Option 1: Cheque payment** – Please send a crossed cheque made payable to **Indus International** and send it to one of the Treasurers, Amisha Himatsingka/Ameeta Shah

**Option 2: Online transfer** – Renewal through a payment gateway link. To pay with Instamojo , use this link; <https://imjo.in/AxkgEN>

After you click the link, in the “Purpose of Payment”, write your full name and membership number and complete the online transfer.

### Membership Renewal Google Form:

Please click on the link below. It will open up the Membership Renewal Google Form. Kindly fill it in and press the submit button.

<https://forms.gle/7XksvwFKLA4wgTWC9>

## Data base changes For July 2023

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### New Members

**Els Raynaers** R78 Belgian

B3001 Trump Tower  
Lodha Park  
Pandurang Budhkar Marg  
Worli  
Mumbai 400 018

Mobile: 9821870055  
Email: [els@mvkini.com](mailto:els@mvkini.com)

**Sonia Cañadas Algar** A95 Spanish

A 2705, Altia Tower 8  
Lodha New Cuffe Parade  
Wadala East  
Mumbai 400 037

Mobile: 7718905326 / +34 629950864 (WhatsApp)  
Email: [sonia150169@gmail.com](mailto:sonia150169@gmail.com)

### Change of Address

**Jyoti Jasani** J50  
2021 The Southbay  
31 N S Patkar Marg  
Opposite Khareghat Colony  
Mumbai 400 007

### Change of Status

Mira Shah	Sf9	Senior
Nina Kilachand	K60	Senior
Pushpa Palat	PB4	Senior
Sheila Pasricha	P82	Senior





This year, we have two exciting options to choose from for our 6 -7 day domestic trip in November. The tentative date for departure is **18<sup>th</sup> November 2023**. To help you decide where you would like to go, here is a synopsis of the alternatives.

## OPTION 1

### ALLAHABAD, AYODHYA & LUCKNOW

Allahabad, Ayodhya and Lucknow are in the most populous and multicultural state of India – Uttar Pradesh.

**Allahabad**, now Prayagraj. Prayag or Triveni Sangam is the confluence of rivers Ganga, Yamuna and the mythical Saraswati. This site is also one of the four cities that host the Kumbh Mela, the historic Hindu festival and pilgrimage, every 12 years. On the very same river banks is also a massive fort built by Emperor Akbar in 1583 AD. More recently, it has been labelled the City of Prime Ministers, as seven Indian PMs have connections to Allahabad.

**Ayodhya**, an ancient city of India, also known as Saket, is situated on the banks of the Holy River Saryu. It is regarded as one of the Sapta Puris – seven sacred cities of Hindus – and revered because of its association with the great Indian epic Ramayana. It is believed to be the Janmabhoomi or birthplace of Lord Rama. This ‘city built by Gods’ was invaded by the Mughals and influenced by other cultures, over centuries. So, not surprisingly, it is dotted with ancient Hindu temples, ruins of Babur’s mosque and Jain shrines.

**Lucknow**, a bustling city, is known for its courtly manners, beautiful gardens, poetry, music and fine cuisine. Once known as Shiraz-i-Hind (Golden City of the East) or the Constantinople of India, it has a rich history and culture. The Rumi Darwaza, the Bara Imambara, the Bhool Bhulaiya and the grand Victorian Husainabad Clock Tower are among the spectacular architectural sights dotting the city. This City of Nawabs is definitely worth visiting for its unique tangible and intangible culture, Chikankari embroidery and kebabs!

## OPTION 2

### MANDU-MAHESHWAR-UJJAIN

All three of these cities are in the heart of India – in Madhya Pradesh.

**Mandu**, an epitome of architectural excellence, boasts of the oldest erected monument of our country. With its beautiful palaces, monuments and widespread lawns, it tells stories of unconditional love between Prince Baz Bahadur and Rani Roopmati. The imposing Jahaz Mahal Palace, beautiful Hindola Mahal, ancient Jama Masjid and sprawling Roopmati Pavilion are all remnants of this ancient city.

**Maheshwar**, now famous for its gorgeous ghats and beautiful sarees, was once the capital of Rajmata Ahilya Devi Holkar’s state. Artistic temples like Raj Rajeshwar and Tilbhandeshwar temples and other monuments talk to us about the legends of Adiguru Shankaracharya and Pandit Mandan Mishra. Located on the banks of the river Narmada, this glorious ancient city is mentioned in the epics Mahabharata and Ramayana.

**Ujjain**, an important pilgrimage city for Hindus, is on the banks of the river Kshipra and is one of the four cities that hosts the Kumbh Mela. It has one of the 12 Jyotirlings of Shiva and is believed to have the footprints of God Vishnu. No wonder then that it is called the City of Temples.

So here you have it - so much to do and see in our beautiful, historical country! Make a well informed choice and do let us know by **15<sup>th</sup> July 2023**.

## Executive Meeting

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Monday 3<sup>rd</sup> July

11:00 a.m. - 12:15 p.m.

ZOOM MEETING

The Link will be posted on WhatsApp and emailed one day prior to the meeting

Ladies, please email a copy of the blurb for your August meeting, latest by 10th July, 2023 to both

Armaity Sumariwala  
Vidya Srinivas

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



Friday 7<sup>th</sup> July

11:00 a.m. – 12:15 p.m.

Residence of:

**Sheena Kataria**  
Shiv Shanti Bhuvan  
M. Karve Road  
Opposite Oval Maidan  
Mumbai 400 020

### THRILLING PHOTO SAFARIS WITH HIMANSHU SHETH

**Himanshu Sheth** earned his diploma in Scientific Photography from TAFE and decided to back pack around the globe. Since he was in Perth and had already explored the Australian West Coast, he travelled to the East Coast, visiting Sydney, Melbourne, Adelaide and many other places.

While travelling, Himanshu often hitchhiked and found like-minded travellers to share vehicles with and reach his destinations. These travels gave him the opportunity to observe and experience diverse cultures, people and their characteristics.

Himanshu specializes in wildlife safari photography and takes his students on thrilling adventures to different parts of the globe.

Join us on some of his thrilling photo safaris, across continents.

**Sunita Nahar**



**Zia Mehta**

Tuesday 11<sup>th</sup> July

11:00 a.m. – 12:15 p.m.

Residence of:

**Swati Jajodia**  
Raheja Regale, 15<sup>th</sup> floor  
Opposite Nepean House  
Next to Shivner  
Nepean Sea Rd  
Mumbai 400 006

## CONTEMPORARY INDIAN CERAMICS IN THE 21ST CENTURY

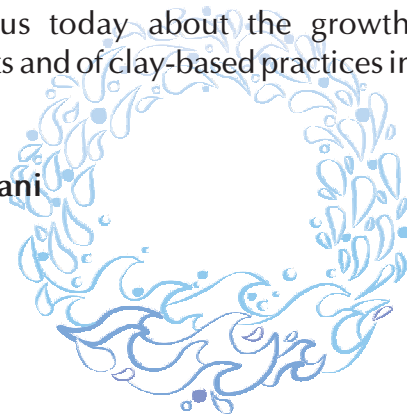
“Life is like pottery; we create much of it with our own hands”

**Anjani Khanna**, has been a ceramic sculptor, curator and writer for more than 30 years. She is the founder member of the curatorial team of the Indian Ceramics Triennale. This platform encourages Indian artists and supports them to confidently showcase their work, alongside the best of international artists.

Having received several awards, fellowships and grants in India and abroad, **Anjani** is also the co-founder and director of Contemporary Clay Foundation.

She will talk to us today about the growth and diversity of contemporary artists and of clay-based practices in India.

**Perna Kewalramani**



**Juliana Ballard**

Friday 14<sup>th</sup> July

11:15 a.m. – 12:15 p.m.

Zoom Meeting:

Link will be posted on WhatsApp and emailed one day prior to the meeting

Guests welcome

### TEMPLE ARCHITECTURE OF HIMACHAL PRADESH AND BENGAL

Scattered across the Kullu and Mandi Valleys of Himachal Pradesh are temples bearing similarities with the medieval Pala and Sena-era temples in Bengal. What was the connection?

**Mondipa Dey's** book **"Himachal Temples and the Bengal Connection"**, published in January 2023, explains that and the many ancient philosophies behind Hindu temple architecture.

Monidipa Dey has worked for the Delhi-based NGO, Youth for Heritage Foundation and has two peer-reviewed academic papers published by the IGNC-India Ministry of Culture. She currently writes articles on history, heritage and political history for FirstPost, CNN News 18, the Financial Express, the Daily Guardian, etc.

**Sonica Arya**



**Radhika Singhal**

## Philosophy and Religion

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Tuesday 18<sup>th</sup> July

11:00 a.m. - 12:15 p.m.

Residence of:

**Anju Siraj**  
Govind Mahal  
86/B Marine Drive  
4th building from the flyover  
Mumbai 400 020

**Guests Welcome**

**STRETCH YOURSELF TO THE FULLEST!**

**Misbah Aziz Currim** was trained at the Bihar School of Yoga and has been teaching yoga for the past 20 years.

She has taught people of all ages and from all walks of life - from nursery children to students, from CEOs to home makers and senior citizens. She has even worked with developmentally challenged adults.

She is currently a yoga and meditation practitioner, and loves sharing the benefits of yoga through practice.

Join us today for a session which will cover asanas, pranayama, yoga nidra and new yamas and niyamas.

**Jeannie Madan**



**Benu Parkash**

Thursday 20<sup>th</sup> July

11:00 a.m. – 12:15 p.m.

Residence of:

**Sonica Arya**

1 Mohamadbhoy Mansion  
Above Crossword Bookshop  
Kemps Corner, Mumbai - 26  
(limited parking available)

Guests Welcome

### GHOST WRITING – THE SECRET SAUCE BY GAYATRI PAHLAJANI

Ghostwriters are elves to the shoemaker, the secret sauce that few readers know about. One can ghostwrite full-length books, articles, essays, blogs and screenplays. Some of the world's best-selling authors have used ghostwriters including Tom Clancy, Sheryl Sandberg, Hillary Clinton and of course, more recently, Prince Harry.

In our endeavour to cover books and different writing styles, our discussion for July is with **Gayatri Pahlajani**, a young, versatile and dynamic writer, who will talk about how she started ghostwriting and outline its key principles, while sharing a few fun anecdotes and experiences from her interactions with the noted people she has worked with.

Gayatri has worked on both bestselling and award-winning titles and has also ghostwritten a column in Bombay Times for many years, as well as multiple articles for The Times of India.

Ayesha Soonawalla

Farah Raina



Friday 21<sup>st</sup> July

11:00 a.m. - 12:15 p.m.

Residence of:

**Rashmi Mehra**  
132-B Urvashi  
Petit Hall  
Nepean Sea Road  
Mumbai 400 006

### NAVIGATING THE TEMPTATION OF OVEREATING

Over eating? Feeling out of control around food? Or just feeling plain guilty when you eat? Get a chance to understand why these occur, and what we can do to avoid it.

Come join nutritionist **Ishitaa Bhatia** as she explores the behavioural patterns of eating. Ishitaa is a Mumbai based consulting nutritionist. She holds Master's degrees in clinical nutrition and dietetics from the University of Mumbai and University College of London, UK. She has also completed her training in Cognitive Behavioural Therapy for Eating Disorders. Her passion lies in consulting with patients to bring about long term changes in nutritional behaviours.

Ladies, let's bring awareness to our eating behaviour.

**Ritu Joshi**

**Bharti Chotirmal**





## Current Events

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Tuesday 25<sup>th</sup> July

11:00 a.m. to 12:15 p.m.

Residence of:

**Maya Merchant**  
91A Jupiter Apartments  
4<sup>th</sup> Floor  
1- Anstey Road  
Off Altamount Road  
Mumbai 400 026

**Guests Welcome**

### WHY DO WE TALK ABOUT INTERCULTURAL COMPETENCE?

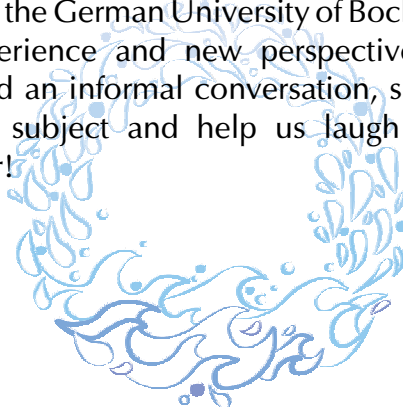
We travel for work or to visit friends and family abroad and across cultures; so we are multi-cultural experts, aren't we? And in India we celebrate our cultural diversity with different languages, religions, cuisines, customs and rituals.

Training in Intercultural Communication helps people travelling abroad, and Intercultural Competence is becoming a sought after skill for the global citizen. Our own Indus member **Nicola Gerber** will talk about her 25 years of experience, living in Germany, the US, the UK and India, while taking along her mixed family and her work as an architect.

Two years ago, Nicola started teaching Intercultural Communication and Competence at the German University of Bochum. This has given her first-hand experience and new perspectives on the subject. Through a quiz and an informal conversation, she will introduce a few basics of the subject and help us laugh off those cultural differences together!

**Neelam Narayan**

**Barbara Halusa**



Thursday 27<sup>th</sup> July

11:00 a.m. – 12:15 p.m.

Residence of:

**Jyoti Jasani**  
The South Bay, 20th floor  
31 N.S. Patkar Marg  
Opp Khareghat Colony  
Next to HDFC Bank  
Mumbai 400 007

**Limit: 30 Members**

## EXPERIENCE THE MAGICAL JOURNEY OF WOMEN THROUGH MUSIC!

Music is a powerful language that transcends boundaries and captivates hearts. In the realm of Hindi films, music holds a universal appeal that has resonated with audiences for nearly nine decades. Today, we invite you to embark on a mesmerizing journey as we delve into the distinct forms of music and singing that defined each decade, mirroring the changing dynamics of women's lives.

Our talented artist, **Shalini Kamat**, will be our guide on this remarkable journey. With her captivating voice and profound storytelling, she will bring to life the songs and stories that have left an indelible mark on the hearts of millions. From the era of independence to the present day, witness the inspiring transformation of women and their significant contributions to homes and society.

Shalini runs her consulting company in organizational change and transformation. She is the Past Chairperson of FICCI and is a voice against Domestic Violence.

**Seema Singh**

**Harsha Shaparia**

Please note that there is no self-parking available.

For registration, please WhatsApp your name and membership number to Radhika Kaji on 9987200001 on 20<sup>th</sup> or 21<sup>st</sup> July 2023.

Friday 28<sup>th</sup> July

11:00 a.m. – 12:15 p.m.

Residence of:

**Medha Chinai**  
B 31 Mayfair Gardens  
7th floor  
Little Gibbs Road  
Malabar Hill  
Behind WIAA Club  
Mumbai 400 006

Limit: 30 Members

### GOURMET MILLET STARTERS

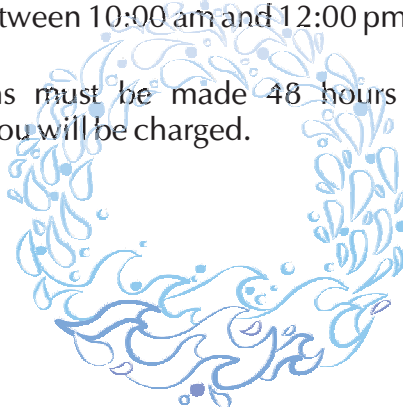
The UN has declared 2023 as 'The Year of the Millets'. This morning, **Harsh Shodhan** will demonstrate easy and delicious starters, using these healthy grains.

Harsh's family has been in the food business for the past 30 years. A self-taught chef, Harsh ran a successful high-end Gujarati thali restaurant Mirch Masala in 2003. In 2009, he started video blogging on a Youtube channel called Ready Steady Eat, and in 2013, he launched The **Gourmet Kitchen and Studio** - an all-vegetarian gourmet food catering business.

There will be a charge of Rs. 300 per member.

- For registration, please call Vasant Singh on 9820498969 on 24th July, between 10:00 am and 12:00 pm.
- Cancellations must be made 48 hours before the event: otherwise, you will be charged.

Amita Sheth



Medha Chinai

## Executive Committee 2023-2024

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### Art & Handicrafts

Perna Kewalramani  
+91 9820238123

Juliana Ballard  
+91 9152005183

### Book Discussion

Farah Raina  
+91 9820450806

Ayesha Soonawalla  
+91 9821029744

### Current Events

Neelam Narayan  
+91 9820287877

Barbara Halusa  
+91 9152240884

### Cooking Swapshop

Amita Sheth  
+91 9820031532

Medha Chinai  
+919820031885

### History, Culture & Tours

Sonica Arya  
+91 9820046682

Radhika Singhal  
+91 9820722336

### Health & Ecology

Ritu Joshi  
+91 9892330121

Bharti Chotirmal  
+91 9820048890

### Philosophy & Religion

Jeannie Madan  
+91 9820180997

Benu Parkash  
+91 9820557345

### Music

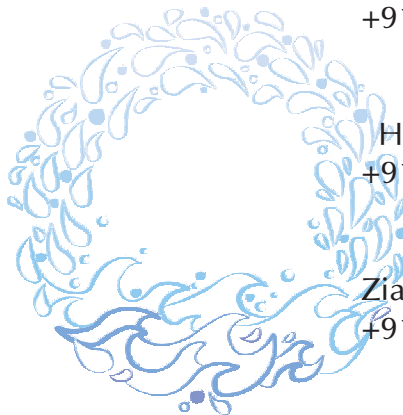
Seema Singh  
+919820127741

Harsha Shaparia  
+91 9821113193

### Performing Arts

Sunita Nahar  
+91 9820280782

Zia Mehta  
+91 9820120227



## Board Members 2023-2024

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### PRESIDENTS

Hema (Tinu) Shanghvi  
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tikash61@gmail.com

Pervin Poonawala  
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### VICE PRESIDENTS

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### MEMBERSHIP TREASURERS

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nicola@fusionstudio.eu



[www.indusinternational.org](http://www.indusinternational.org)