



JUNE 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 :** [indusinternationalmumbai](https://www.instagram.com/indusinternationalmumbai)

# Newsletter JUNE 2023

## Month at a Glance

DATE	ACTIVITY	SPEAKER	VENUE
Friday 2 <sup>nd</sup>	Performing Arts 🎭	Swati Bhise	Nafisa Khorakiwala Casa Khorakiwala Off Peddar Road
Monday 5 <sup>th</sup>	Executive Meeting		Tinu Shanghavi 12C, Woodlands, Peddar Road.
Thursday 8 <sup>th</sup>	Cooking Swapshop 🍳	Minh Doutrelant	Sunita Nahar 51/52 Infinity Tower, 15 Narayan Dhabolkar Road, Mumbai 400006.
Friday 9 <sup>th</sup>	History Culture and Tours	Atul Parekh	Preeti Choksey 9, Geetanjali, 9N, Gamadia Road, Off Peddar Road.
Tuesday 13 <sup>th</sup>	Art and Handicraft	Ashok Minawala	Danabhai Jewellers, 1A, Ganga Vihar, 55, Marine Drive.
Thursday 15 <sup>th</sup>	Book Discussion 📖	Vidya Srinivas	ZOOM
Friday 16 <sup>th</sup>	Health and Ecology	Bijal Doshi	Bijal Doshi 23-2 Peacock Palace, 69, Bhulabhai Desai Road,
Tuesday 20 <sup>th</sup>	Philosophy and Religion 📖	Martina Esberger- Chowdhury	ZOOM
Tuesday 27 <sup>th</sup>	Current Events 📖	Dr. Shailesh Raina	Ila Kaji 2807, Imperial North Tower, Tardeo
Thursday 29 <sup>th</sup>	Music 🎵	Shaan & Nikhil Kamath	ZOOM

Guests allowed 🎭  
 Change of time : ⌚  
 Change of date: 📅

## From The Desk Of The Presidents

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Yet another Indus year starts, and our aim is to have a fun year filled with friendship, energy and all of us working even more closely together.

We are honoured and privileged that the nominating committee, lead by Phiroza Muncherjee has placed their trust in us and have chosen such dynamic & capable women to support us on our board & executive committee.

We also express our debt of gratitude to Sheena & Kaya who have had an exceptional year & have set the bar pretty high for us.

This year we have decided to use the metaphor water as our logo & the theme 'Stronger Together' and we thank Ayesha Soonawalla, who has conceptualised and designed this logo.

Just like people, drops of water come in all shapes and sizes and individually they can be wiped out or evaporate. However, when they connect in the right circumstances, they do become a powerful river or ocean - Stronger Together. Our logo also uses the water metaphor to give a nod to our club's name - Indus.

The last few years have seen so many challenges and changes in the world and within Indus....the pandemic did affect our connection to each other & so our focus now is to strengthen the bond between all our members, to work in harmony and motivate each other through our meetings, celebrations, music, food, travelling, raising funds & lots more. To get stronger together!

All this has always been such an integral & vibrant part of Indus & we so look forward to all our members embracing this fully.

Our travel committee – Annu Toshniwal, Indira Kilachand, Dina Desai, Sheena Kataria and Perna Kewalramani are planning a short domestic trip in November. Please do give your preferences and we look forward to seeing many members join this trip in the true Indus spirit.

And now we are so looking forward to bringing everyone together and serving this organisation to the absolute best of our abilities.

**Hema (Tinu) Shanghvi**

**Pervin Poonawala**

## Executive Committee 2023-2024

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### Art & Handicrafts

Perna Kewalramani  
+91 9820238123  
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Juliana Ballard  
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diplomatsballard@yahoo.com

### Book Discussion

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### Current Events

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### Cooking Swapshop

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+91 9820046682  
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+91 9820722336  
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# Executive Committee 2023-2024

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## Health & Ecology

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+91 9892330121  
ritu.joshi@chaitime.com

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bhartipc21@yahoo.com

## Philosophy & Religion

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## Music

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+91 9820127741  
seemssingh@gmail.com

Harsha Shaparia  
+91 9821113193  
harsha.shaparia@hotmail.com

## Performing Arts

Sunita Nahar  
+91 9820280782  
sunitanahar@hotmail.com

Zia Mehta  
+91 9820120227  
ziamehta@hotmail.com



# Data Base Changes for June 2023

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## New Members

<b>Guelcin Koerpe</b> Flat no. 4, Jumbo Apartments, 1st Road, Bandra West, 400050 Mumbai Mobile: 9820475552 Email: koerpe.guelcin@gmail.com	KG8	Austrian
<b>Julia Tyndale-Biscoe</b> 4 Prabhat, 76 Bulabai Desai Road, Breach Candy, Mumbai 400026 Mobile: 9820154445 Home Phone: 23679999 Email: jtyndalebiscoe@yahoo.ca	T55	British/Canadian
<b>Juliana Ballard</b> Signia Isles 1301, G Block BKC Mumbai 400051 Mobile: 9152005183 Email: diplomatsballard@yahoo.com	BE9	American
<b>Minh Doutrelant</b> 27, Mayflower Society, near Neela House Off ML Dahanukar Marg Lane Carmichael Road, 400026 Mumbai Mobile: 7400009721 Email: thiminhn@yahoo.com	D84	Vietnamese/French
<b>Mirella Fiore</b> Laxmi Vilas, 87, Nepean Sea Road Mumbai 400006 Mobile: 7045340745 Email: mirella@bottegaitalica.com	F39	Italian

## Change of Status

Anita Gupta	G39	Senior
Arti Sanghi	SC6	Senior
Vidya Srinivas	SH1	Senior
Helen Craggs	CB4	Non Resident
Pramilla Daswani	D77	Non Resident
Selma Kriegner	KF6	Non Resident



## Notice Board

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### Condolences

Our deepest condolences to Pervin Poonawala on the sad demise of her father.

Our deepest condolences to Ameeta Shah on the sad demise of her mother-in-law.

### Congratualations

Heartiest congratulations to:

Mona Mahadevia on the birth of her grand daughter.

Anjali Mariwala on the birth of her grand daughter.

Padam Chadda for the “Sushma Swaraj Award” from the BJP women's group, for the outstanding work carried out by the Shaila Welfare Trust during Covid times.

Samina Khorakiwala for “The FICCI FLO Traiblazer Women Achiever's Award 2023” for outstanding work and innovative ideas.

Bijal Doshi for the “Achievement Award of Excellence” from Women Graduates Union, in recognition of promoting exceptional yoga & breathwork internationally.





## Notice Board

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### Newsletter

Monthly newsletters will be sent by email and WhatsApp to all members. A hard copy of the newsletter will NOT be sent by post. Do update your email address with the Membership Treasurers.

### Advisory Committee 2022-2023

Nayantara Jain  
Kamal Mulla  
Rachel Bhot

### Travel

This year, Indus is planning a short trip of 7-8 days in November (after the 15th), within India.

The options suggested by the Presidents and Travel committee are:

- Lucknow, Allahabad, Ayodhya
- Mandu, Maheshwar, Ujjain

Please do WhatsApp your preferences by June 15, along with your name, to:

**Annu Toshniwal**  
98200 68100

**Dina Desai**  
98202 31010

**Indira Kilachand**  
98200 57219

**Sheena Kataria**  
98202 84890

**Perna Kewalramani**  
98202 38123



## Notice Board

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### Annual Fee and Membership Renewal Form

Please send your renewal fee of Rs.3,500/- before 31st July 2023.

The following are the **TWO payment options**:

**Option 1:** Cheque payment - Please send a crossed cheque made payable to **Indus International**, to the Treasurers, Amisha Himatsingka or Ameeta Shah.

**Option 2:** Online transfer - Renewal through a payment gateway link.

You can pay with Instamojo, using this link: <https://imjo.in/AxkgEN>  
After you click the link, in the "Purpose of Payment" section, write your full name and membership number and complete the online transfer.

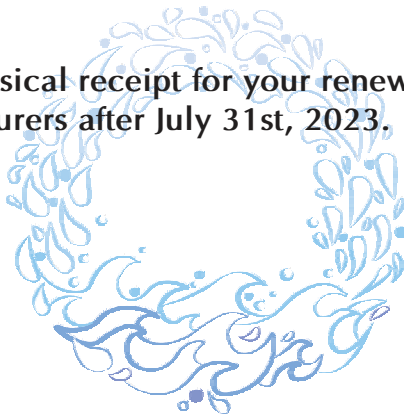
### Membership Renewal Google Form

Please click on the link below. It will open up the Membership Renewal Google form.

Kindly fill it and press the submit button: :  
<https://forms.gle/QPvD5x5szZgmDb2H8>

### PLEASE NOTE:

If you need a physical receipt for your renewal fees, please contact the Treasurers after July 31st, 2023.



## Notice Board

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### Whom to Contact on the Board if...

- You notice an error in the directory – **Membership Treasurers.**
- You do not receive your newsletter – **Secretaries.**
- You have an idea for a fellowship meeting, the picnic or the Quiz – **Vice Presidents.**
- You would like to assist with a fellowship meeting, the picnic or the quiz – **Vice Presidents.**
- You would like to offer your home for a meeting – **Vice Presidents.**
- You have changed your address, phone number, or email – **Membership Treasurers** (membershipindus@gmail.com)
- You wish to change your status – **Membership Treasurers.**
- You have a foreign friend who wants to become a member – **Membership Treasurers.**
- You will be unable to attend meetings for an extended period of time – **Membership Treasurers.**
- You need a new name badge - **Membership Treasurers.**
- Your receipt for your renewal fee has not arrived by the end of July – **Treasurers.**
- You have an idea for a speaker for a meeting – **the relevant Activity Chairladies.**



### GENERAL TIPS FOR ALL MEMBERS

#### Attendance

The Indus year begins on 1st April and ends on 31st March.

- 10 meetings must be attended in a year.
- 7 meetings should be attended before the end of December.
- Please only sign yourself in. If guests are allowed, then sign in your guest.
- Arrival after 11:15am will not be eligible for attendance.
- Departure before the speaker has finished, or before the chairlady closes the meeting, will also count as non-attendance.
- For in person meetings, wear your badge at all times. This also applies to chairladies and hostesses as there are a lot of new members who do not know who you are.
- Attendance at the Fellowship does not earn attendance points.

#### Ways to Earn a Participation Point

- Being a hostess for a meeting.
- Arranging a speaker or demonstration.
- Registering names for a meeting.
- Introducing or thanking a speaker in the absence of the Chairlady.
- Helping a Board Member with computer work or collection of payment.
- Helping Chairladies at meetings.
- Helping with or hosting one of our many events – Annual Event, Fellowship, AGM, Quiz, Picnic or any other special event.
- Acting, dancing, working back-stage, speaking, demonstrating, baking for any special events, taking part in the quiz, etc.
- Giving a Donation to Indus International.

You need 2 participation points during the year.

# Notice Board

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## Indus Etiquette

We are starting a few in person meetings; so let's remember the spirit of Indus is about new friendships!

Indus thrives when our members are active and participate. Please ensure that you complete 10 attendance points and 2 participation points during the year, from 1st April to 31st March. 7 attendances should be completed by December.

### A few gentle reminders:

#### For meetings at member's homes (in person meetings)

1. Please wear your badge at the meeting to make it easier to mingle.
2. If you can host a meeting at your house, please inform the Vice Presidents or any member of the Board.
3. Since wearing a mask is no longer mandatory, please be responsible and avoid attending a meeting if you are unwell.
4. **Only tea, coffee, a cold drink and biscuits should be served by the hostess.** Being a hostess should be easy and the focus should be on the speaker!
5. Please ensure that your cell phones are in silent mode or switched off during meetings.
6. Meetings begin at 11.15 a.m. and end at 12.15 p.m. **Your attendance will not be counted if you come in after 11.15 a.m. or leave before 12.15 p.m.**
7. Under no circumstances should Indus be used as a forum for publicity. It is strictly forbidden to use the directory to build e-mails or phone listings to advertise.

#### For Zoom Meetings

1. All members should enter their names on the screen in the following order: Surname, First name, Indus membership number.
2. Keep your videos on at all times, unless advised otherwise by the Chairlady.
3. Do not unmute yourself for the entire duration of the meeting.
4. Be presentable while attending a zoom meeting.
5. Please maintain some decorum even during online meetings.
  - Some members were seen eating or lying back and some even dozing!
  - Some were seen attending meetings in their night clothes.
6. If you have to do anything other than listen to the speaker, kindly turn your video off.
7. Zoom meetings begin at 11.15 a.m. and end at 12.15 p.m. **Your attendance will not be counted if you come in after 11.15 a.m. or leave before 12.15 p.m.**

## Executive Committee 2023-2024

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Monday 5<sup>th</sup> June

11:00 a.m. – 12:00 p.m.

### In-Person Meeting

Residence of

**Tinu Shanghvi**  
12C, Woodlands,  
67, Peddar Road  
Mumbai 400026

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

Armaity Sumariwalla  
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 sheets from the previous month's meeting 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 2<sup>nd</sup> June

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

### In-person meeting

#### Residence of:

**Nafisa Khorakiwala**

Casa Khorakiwala  
31 E Vakil Lane,  
Off Peddar Road,  
Near Russian Cultural Centre,  
Mumbai 400026.

### Guests Welcome

#### Your Movies, thereby empowerment of Women

**Swati Bhise** has had a career spanning four decades as a visionary arts promoter. She is a Bharatnatayam exponent, a choreographer, writer, producer, director and educator.

She has performed extensively at prestigious venues like the United Nations Assembly and represented the Indian Govt. at various forums.

She is the director, writer, and producer of a period drama film THE WARRIOR QUEEN OF JHANSI - the first Hollywood action film with a female Indian lead. This award winning film was released worldwide in Nov. 2019 to rousing accolades. She has many such projects to her credit.

Swati Bhise has made notable contributions to various platforms of art and culture. Today, she will speak on the empowerment of Asian American women via the medium of dance, film, and multimedia.

Ladies, a speaker not to be missed!

**Gopi Vaid**  
**Sunita Nahar**

**Neeru Mehra**  
**Zia Mehta**

## Cooking Swapshop

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Thursday, 8<sup>th</sup> June  
(Please note change of date)

11:15 a.m. – 12:15 p.m.

### In-Person Meeting

Residence of:

**Sunita Nahar**

51/52, Infinity Tower,  
15, Narayan Dhabolkar Road,  
Mumbai 400006.

**Limit: 30 Members**

### AN ODE TO THE 5 SENSES!

Vietnamese food is insanely delicious and one of the world's most healthy and balanced cuisines.

This morning we have **Minh Doutrelant**, a new member of the Indus family, introducing us to the finer nuances of Vietnamese Cuisine. She is a fashion designer and loves cooking and travelling.

In Vietnam, all food is based on a five pronged philosophy connected to the five elements of wood, fire, earth, metal and water. Each dish includes five fundamental taste senses - spicy, sour, bitter, salty and sweet.

Let's enjoy this gastronomical journey and savour this amalgamation of Chinese, Laos, Cambodian and French influences.

For registration, please call **Anuradha Pittie** on 9821421819 on 3rd June, between 10.00 a.m and 12.00 p.m

**Bina Kejriwal**  
**Amita Sheth**



**Anju Siraj**  
**Medha Chinai**



Friday 9<sup>th</sup> June

11:15 a.m. – 12:15 p.m.

**In person meeting**

**Residence of:**

**Preeti Choksey**

9 Geetanjali,  
9N Gamadia Road,  
Off Peddar Road,  
Mumbai 400026.

### **The Spirit of South America**

A distance continent, which is on the bucket list of many curious travelers.

Let us take a walk through some of the colourful countries : Argentina, Brazil, Columbia, Chile with **Atul Parekh** known as the unofficial ambassador of these countries...

His passion and curiosity for Travel, Culture, Communities took Atul Parekh to South America in 2011. Ever since then. he keeps going back to explore the depths and corners of this amazing continent.

The culture of South America could be summarized in one line: 'Celebra La Vida'

Look forward to an interesting and interactive discussion

Bienvenida en Sud Amerika.

**Varsha Sheth**  
**Sonica Arya**

**Sheetal Patel**  
**Radhika Singhal**



Tuesday 13<sup>th</sup> June

11: 00 a.m. – 12:15 p.m.

### In Person Meeting

**Venue:**

**Danabhai Jewellers**

1A, Ganga Vihar,  
55, Marine Drive,  
Mumbai - 400020.

### The Hows and Whys of Lab Grown Diamonds

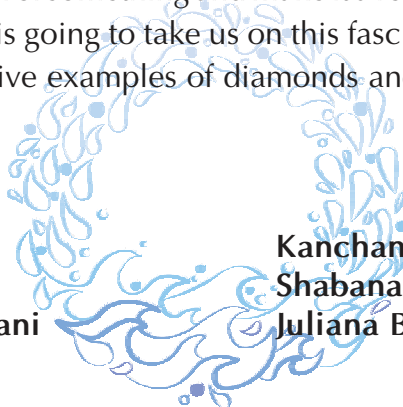
Are lab grown diamond real diamonds? Yes, even the US Federal Trade Commission has certified them as real diamonds. Aside from a minute chemical difference, there is no visible difference. Even a jeweller may not be able to differentiate between natural and lab grown diamonds. That is why buying from a reputable source with certification is so important. All lab grown diamonds can be certified in the same manner as natural ones. The 4Cs remain the same for both. The price is where the fun begins; compared to natural diamonds, the lab grown ones cost only 10% of the price of the former. With the variety, colors and sizes available, jewellery is going to change forever.

Earlier, you only bought something that your pocket could afford. Now you can dream of something and make it a reality.

**Ashok Minawala** is going to take us on this fascinating journey. He will also show us live examples of diamonds and how they look in fine jewellery.

**Rashna Doongaji**  
**Helen Craggs**  
**Perna Kewalramani**

**Kanchan Khubchandani**  
**Shabana Abdulkarim**  
**Juliana Ballard**



## Book Discussion

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Thursday 15<sup>th</sup> June

11:00 a.m. – 12:15 p.m.

**Zoom Meeting:**

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

**Guests welcome**

### THE OLD MAN AND THE SEA – A SHORT FILM SCREENING AND DISCUSSION

The Old Man and the Sea is a 1999 paint-on-glass animated short film, directed by Russian animator Aleksandr Petrov, and is based on the 1952 novel of the same name by Ernest Hemingway. While the novel won the Pulitzer Prize, this film won the Oscar for the best animated short film of 1999.

The story is “A beautiful tale, awash in the seasalt and sweat, bait and beer of the Havana coast. It tells a fundamental human truth: in a volatile world, from our first breath to our last wish, through triumphs and pitfalls both trivial and profound, what sustains us, ultimately, is hope.”

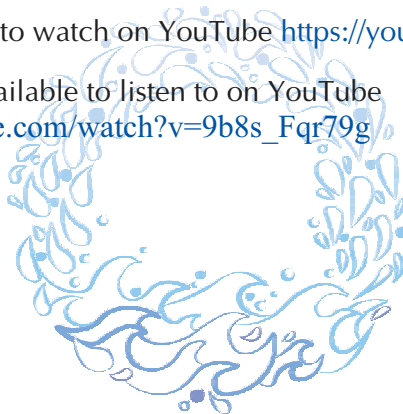
—**The Guardian**

We will screen the film and our very own **Vidya Srinivas** will moderate a discussion on it. We require a panel of 4 participants for the discussion (a participation point will be given). If you are interested, please send a **WhatsApp message to Sharmeen Maskati on +919820917091, latest by 5th June, 2023.**

The film is available to watch on YouTube <https://youtu.be/W5ih1IRIxI>

The audiobook is available to listen to on YouTube [https://www.youtube.com/watch?v=9b8s\\_Fqr79g](https://www.youtube.com/watch?v=9b8s_Fqr79g)

**Lubaina Soares**  
**Farah Raina**



**Sharmeen Maskati**  
**Ayesha Soonawala**

Friday 16<sup>th</sup> June

11:00 a.m. – 12:15 p.m.

### In-person meeting

Residence of

**Bijal Doshi**  
23, Peacock Palace,  
69, Bhulabhai Desai Road,  
Mumbai 400026.

### Breathwork Blends for Longevity & for Healing

**Bijal Doshi**, founder of YogDivine.com, will be demonstrating breathwork for longevity.

Bijal is a Yoga Exponent, National President of WICCI & involved with the Prime-Minister's FitIndia Movement, where she featured with him on CNBC. Her Bollywood Yoga & Breathwork videos have crossed 1.4 million views on YouTube! She's a Singer, Poet, Chef and Stand-up Comedian. She is a trustee of PN Doshi women's college, SPRJ trust and Conwest Jain Hospital.

Get ready to experience the rare & enriching blends of magical healing with mindful breathing techniques, as you also get some insights into some of the hidden dangers of Pranayam.

**Neeta Merchant**  
**Ritu Joshi**

**Namrata Singhania**  
**Bharti Chotirmal**



Tuesday 20<sup>th</sup> June

11:15 a.m. – 12:15 p.m.

**Zoom meeting:**

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

**Guests welcome**

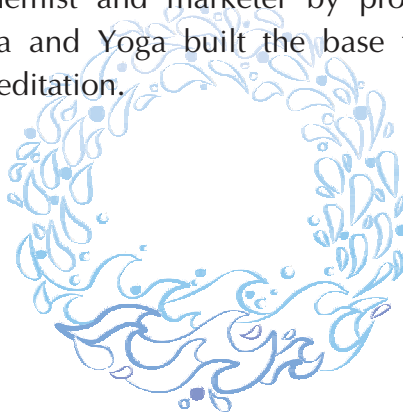
### **“BRINGING MINDFULNESS TO DAILY LIVING – AN ANCIENT PRACTICE FOR TROUBLED TIMES”**

Mindfulness means being attentive in a certain way, consciously, in the present moment and without judging

Mindfulness is a basic quality that every human being possesses. It is a question of learning how to access it. Mindfulness exercises your brain to be consciously aware of what happens as it occurs, allowing you to turn towards experiencing with curiosity and to take in every facet of experience. It cultivates the awareness of your thoughts, feelings and body sensations and their interactions, allowing you to encounter the richness of life, especially in the ordinary, often overlooked aspects of our surroundings.

**Martina Esberger-Chowdhury**, a certified Mindfulness teacher, is a pharmaceutical chemist and marketer by profession. Her deep interest in Vedanta and Yoga built the base for her training in Mindfulness and Meditation.

**Dipika Shroff  
Jeannie Madan**



**Neelu Kapur  
Benu Parkash**

## Current Events

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Tuesday 27<sup>th</sup> June

11:15 a.m. – 12:15 p.m.

### Residence of:

**Ila Kaji**

The Imperial, Aptm 2807,  
North Tower,  
B.B. Nakashe Marg,  
Tardeo, Mumbai 400034.

### Guests welcome

### “Medical Hot Topics, Robotics and Technology”

**Dr. Shailesh Raina**, a pioneer in the medical field, will be talking about 3 current topics in terms of medical achievements and professional specialisation. The topics discussed will be:

- 1) Nephron saving surgery and the role of Robotics: In the era of Nephron saving surgery, Robotic surgery has played an important role in kidney saving surgery in cancer patients. New concepts will be discussed.
- 2) COVID and Renal Transplants: What has been discovered about Renal Replacement Therapy during the COVID era?
- 3) The Role of Bladder Pacemakers in bladders affected by neurological diseases.

**Dr. Shailesh Raina** is the Director of Urology, Renal Transplantation and Robotics at Jaslok Hospital, Visiting Senior Urologist at Breach Candy Hospital, Sir H N Reliance Hospital and Lilavati Hospital and a Member of the Clinical Advisory Board of the Gangwal School of Medical Research and Technology, I.I.T Kanpur.

**Anjali Mathur**  
**Neelam Narayan**



**Selma Kriegner**  
**Barbara Halusa**

Thursday 29<sup>th</sup> June

4:30 p.m. – 5:30 p.m.

**Zoom Meeting:**

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

**Guests welcome**

## **GUPSHUP with SHAAN**

**Nikhil Kamath**, a music composer, having scored music for over 70 films and 100 other albums, will be interviewing Shantanu Mukherjee, popularly known as Shaan, a versatile, talented and prominent playback singer, actor, music director and TV host.

**Shaan** is a winner of several prestigious awards. He has sung songs in many different languages. Some of his famous songs are Bum Bum Bole, Chand Sifarish and It's The Time to Disco. He looks so young that you will not believe that he is just 50 years old. Born and brought up in amchi Mumbai, the chat will take you through the different paths that he travelled through to reach where he is today.

Together, talking, humming and singing they will share with us their beautiful journey of music. We promise it will be an enlightening and enthralling insight into the beginning and growth of Shaan's journey in the music industry through 30 years.

**Ranjana Mahadevia**  
**Hemal Udani**

**Seema Singh**  
**Harsha Shapaaria**



# BOARD MEMBERS 2023-2024

## PRESIDENTS

Hema (Tinu) Shanghvi  
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[www.indusinternational.org](http://www.indusinternational.org)