



NOVEMBER 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

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Nariman Point
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Indus International

November at a Glance

DATE	ACTIVITY	SPEAKER	VENUE
Friday 3 rd	Performing Arts Guests Welcome	Jimmy Billimoria	Stuart Liff Library NCPA Nariman Point
Monday 6 th	Executive meeting		ZOOM
Tuesday 7 th	History Culture & Tours Note change in time	Manek Premchand	Jehangir Art Gallery M G Road Kala Ghoda
Thursday 16 th	Book Discussion Note change in time	Streshinsky & Klaus	ZOOM
Friday 17 th	Health & Ecology	Ravit Kedem	Anupam Anand 304, Bakhtavar Opp. Colaba Post Office
Saturday 18 th	Art & Handicrafts Note change in date	Indus ladies	Workloft Churchgate G-4, Court Chambers Ground floor New Marine Lines
Tuesday 21 st	Philosophy & Religion Guests Welcome	R Nath	Parnika Khanna Woodlands, 4th Flr. Pedder Road (Opposite Vama)
Thursday 23 rd	Music Guests Welcome	Ajay Sathe	ZOOM
Friday 24 th	Cooking Swapshop	Shreyasi Goenka	Shreyasi Goenka Vasant Sagar, 7 th Floor A Road Opp Jai Hind College Churchgate
Tuesday 28 th	Current Affairs Guests Welcome	Sindhu Gangadharan	ZOOM



From the Desk of the Presidents

Another month of fabulous meetings has gone by and our members had such a wonderful get-together at our Fellowship. We would like to sincerely thank all those who participated so willingly and enthusiastically.

We have lots of enjoyable events planned for everyone in the coming months: a special Art event curating our Indus talents, the Indian trip, our annual Christmas Morning, a fun picnic for us alland lots more.

Just a gentle reminder to all members who have not completed their participation or meetings. Please do attend as many meetings as possible as our chairladies continuously work tirelessly to organise such a superb variety of amazing speakers and events.

Giving to the underprivileged and to deserving causes has always been such an integral part of Indus; so, we do invite our members to send us appeals, and also donations, so that we can contribute to these causes.

The festive season is almost here and we wish all our members and their families a Happy & Safe Diwali, full of good health, happiness and light. .

Hema (Tinu) Shanghvi

Pervin Poonawala



Notice Board

CONTRIBUTIONS TO CHARITIES

We have received several appeals from charities who need funding for their worthy causes. Ladies, during this festive season, we do hope you will think of those less fortunate than us and donate generously to enable us to support these organisations.

All cheques to be made out in favour of Indus International, and **our accountant will issue 80G tax certificates**, which will help you with your taxes on March 31st 2024. So do dig deep into your hearts and pockets and help others and yourselves.

NEWSLETTERS

Monthly newsletters will be sent by Email and WhatsApp.

Please contact the Vice Presidents if you have not received your newsletter.

CONDOLENCES

Our deepest condolences to Veena Motwani on the sad demise of her husband.

TRAVEL

Thank you ladies!

We had an overwhelming response to our travel suggestions – South Korea, in March, won the spot. We are still working out the details, and will post more information in the December newsletter.

Dina Desai
9820231010

Indira Kilachand
9820057219

Annu Toshniwal
9820068100

Perna Kewalramani
9820238123

Sheena Kataria
9820284890



Upcoming Events

Christmas Coffee Morning

Friday, 15th December

11:00 am – 12:30 pm

Deck the halls with boughs of holly

Fa-la-la-la-la-la-la-la-la

'Tis the season to be jolly

Fa-la-la-la-la-la-la-la-la

Join the Indus carollers for a morning of music as they bring in the season of joy and good cheer!

Santa won't be there but there will be lots of snacks and punch and Christmas fruit cake to raise your spirits

For those of you who wish to participate by contributing goodies for the table, or would like to sponsor the items, please WhatsApp

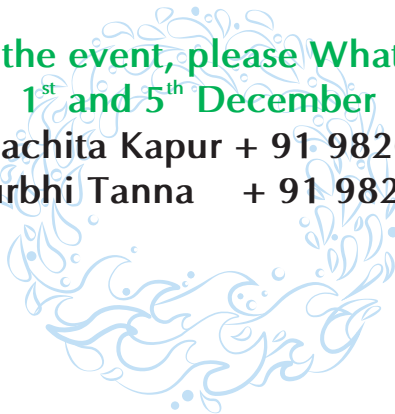
Vidya Srinivas: + 91 98699 18348

Armaity Sumariwalla: + 91 98202 84858

To register for the event, please WhatsApp between 1st and 5th December

A to M: Rachita Kapur + 91 98202 14903

N to Z: Surbhi Tanna + 91 98202 84355



Friday, 3rd November

11:00 am - 12:15 pm

Venue:

Stuart-Liff Library

NCPA

Nariman Point

Mumbai 400 021

Guests Welcome

Western Classical Music A Mosaic of Styles and Eras

Embark on a journey through the captivating world of Western Classical music, a mosaic of styles and eras, guided by an individual whose passion and expertise have made him a true luminary in this field.

Jimmy Bilimoria is a name synonymous with Western Classical music aficionados, and he is the manager of the illustrious Stuart Liff Library at the NCPA. Within the walls of this library resides the renowned Stuart Liff Collection, a treasure trove of 6,000 books and 11,000 LPs dedicated to Western Classical music.

With Jimmy Bilimoria's wealth of knowledge, we will delve into the world of opera, ballet, and orchestral music. Today, he stands as a bridge between the past and the present, offering us a rare glimpse into the magnificent tapestry of Western Classical music, a mosaic rich in history, artistry and boundless inspiration.

Sunita Nahar

Zia Mehta



Executive Meeting

Monday, 6th November

11:00 am - 12:15 pm

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 November meeting, latest by October 10th 2023, to both:

Armaity Sumariwalla

armaitys@gmail.com

Vidya Srinivas

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

Nicola@fusionstudio.eu

Armaity Sumariwalla

Vidya Srinivas



Tuesday, 7th November
Please note change in time

4:00 pm – 5:15 pm

Location:

Jehangir Art Gallery
(Assemble at the steps)
Mahatma Gandhi Road
Kala Ghoda, Fort
Mumbai 400 001

Limit: 30 members

A WALK THROUGH MUMBAI'S ICONIC FILM AND MUSIC HISTORY

A unique experience awaits us as we embark on a specially curated guided walk today. We begin at Jehangir Art Gallery and walk through Kala Ghoda, past the Prince of Wales Museum and Regal Cinema onto the waterfront, past the Gateway of India and conclude at Radio Club. Mumbai is known as India's movie capital, and the focus will be on the city's film and music history and its connection to these areas.

Our guide **Manek Premchand**, a writer and historian of film music, teaches broadcasting at St. Xavier's College's Xavier Institute of Communications. He has led many groups of students and historians in exploring Mumbai's deep connections with the arts. In July 2022, he conducted a field trip, identifying where the first cinema was shown in India, and also from where the first radio signals were sent. Manek regularly writes for all the major publications, and has also written numerous books, including *Yesterday's Melodies*, *Today's Memories*; *Musical Moments from Hindi Films*; *Romancing the Song* and *Hitting the Right Notes*.

Ladies, join us to learn more about Mumbai's film and music history, while being amused and entertained by our guide's treasure-trove of stories and anecdotes!

Please wear comfortable clothes, a hat and walking shoes.

Sonica Arya

Radhika Singhal

To register, please call or WhatsApp **Priya Mehta** on 98191 31406 on **Friday, November 3rd**, between 11:00 am-1:00 pm.

There will be a charge of Rs 200 per member to cover the guide fee.

Book Discussion

Thursday, 16th November
Please note change in time

10:00 am – 11:00 am

ZOOM MEETING

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

Guests Welcome

An Atomic Love Story: The Extraordinary Women in Robert Oppenheimer's Life

A gripping narrative of the love and betrayal of J. Robert Oppenheimer, told through the lives of three unique women. Set against a dramatic backdrop of war, spies and nuclear bombs, *An Atomic Love Story* unveils a vivid new view of a tumultuous era and one of its most important figures.

In the early decades of the 20th century, three highly ambitious women found their way to the West Coast, where each was destined to collide with the young Oppenheimer, the enigmatic physicist whose work in creating the atomic bomb would forever impact modern history.

Betrayal is all over this novel; you wait to see who is going to betray whom and its impact. The research done by the authors, **Shirley Streshinsky & Patricia Klaus** is highly commendable and a wonderful way to learn more about the very enigmatic Robert Oppenheimer.

Meticulously researched, well written, and wholly engaging - a once in a life time opportunity to hear all about Oppenheimer, from the two authors themselves, who will join us via Zoom all the way from San Francisco.

Ayesha Soonawalla

Farah Raina

Friday, 17th November

11:00 am - 12:15 pm

Residence of:

Anupam Anand
304, Bakhtavar
Opp. Colaba Post Office
Mumbai 400 005

“HEALTHY HOME - HAPPY HOME”

Your home is your sanctuary, a place of refuge and security. "Healthy Home - Happy Home" recognizes the vital connection between well-being and our living spaces.

Historically, the focus has been on aesthetic appeal, often overshadowing the importance of what remains unseen— the materials and technologies that constitute our living spaces. The emergence of “Healthy Houses” brings forth a new perspective, emphasizing the integration of sustainable and healthy materials and innovative technologies that are as accessible as they are revolutionary.

Ravit Kedem, Chief Strategy Officer at Huliote Pipes and Fittings, and our very own Indus member, shares insights on transforming conventional homes into "Healthy Houses", using accessible, sustainable materials and technologies.

Join us in this enriching conversation and explore how we can transform our castles into sanctuaries of wellness and happiness, paving the way for a sustainable and harmonious future.

Ritu Joshi



Bharti Chotirmal

Saturday, 18th November

11:30 am - 12:45 pm

Please note change in date and time

Location:

Workloft Churchgate
G-4, Court Chambers
Ground floor
35, Sir Vitthal Das
Thackersey Marg
New Marine Lines
Mumbai 400 020

Guests Welcome

INDUS MEMBERS' ART EXHIBIT

Celebrating artistic talent within Indus, this is THE Indus art event - by Indus ladies, for Indus ladies.

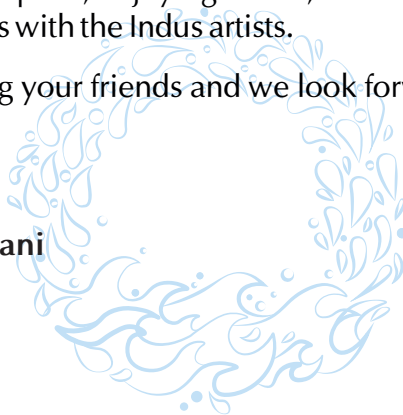
Following the call for participating in this event, Soha Parekh and Nicola Gerber have prepared a show of work by 12 Indus ladies, using different media - painting, sculpture, photography, ceramic painting, artistic stitching, etc.

The artists will introduce us to their love of art, their thoughts about and details of their craft. After brief introductions, we will be able to wander around the space, enjoying coffee, tea and cookies and, most of all, conversations with the Indus artists.

Please join us, bring your friends and we look forward to an inspiring Indus Art morning.

Perna Kewalramani

Juliana Ballard



Tuesday, 21st November

11:00 am - 12:15 pm

Residence of:

Parnika Khanna
4A, Woodlands, 4th floor
Pedder Road
Opposite Vama
Mumbai 400026

Guests Welcome

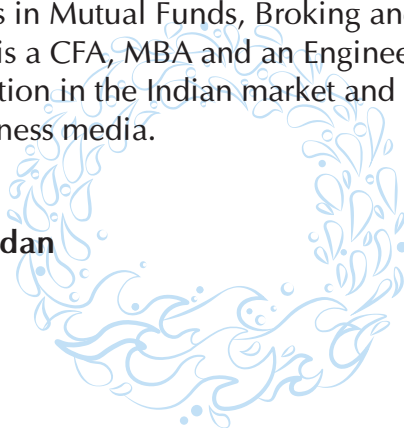
WILL POWER

There is a plethora of Succession Laws applicable to our various religions and even different contemporary Succession Acts in India. Today, the term “Succession Planning” brings to mind how we should all be aware of “ESTATE INHERITANCE”. Ladies, we would like to introduce the topic of Wills and Private Family Trusts, so that our loved ones experience an easy transition of property, wealth and resources, after our passing. Every religion has a different applicable law. So act now. Come and learn the religious nuances of the tools of an “Estate Plan”, listen to “Real-life Case Studies” and be aware of the benefits of Will making and, most importantly, the contents of a Will.

Mr. Raghvendra Nath is the co-founder and Managing Director of “Ladder Up”. He has three decades of experience in financial services, with stints in Mutual Funds, Broking and now the Multi Family Office. He is a CFA, MBA and an Engineer. He has an impeccable reputation in the Indian market and is a frequently seen face in Indian business media.

Dr. Jeannie J. Madan

Benu Parkash



Thursday, 23rd November

11:15 am - 12:15 pm

ZOOM MEETING

The link will be sent by
WhatsApp & emailed one
day prior to the meeting

Guests Welcome

MELODY WITH MATERIALS

Harmony, melody & rhythm - Instrumental Music expresses these using diverse materials - Strings, Woodwinds, Percussion and Electronics.

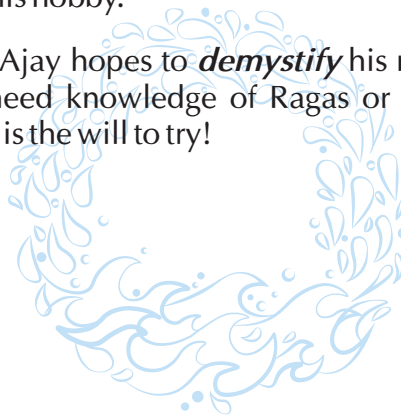
Today, we explore a rich variety of expression using the **Flute, Jal Tarang, Hawaiian Guitar, Harmonica** (Mouth Organ), **Piano, Melodica** and **Aerophone**. Using familiar superhit songs, we will hear each instrument's nuances and *genres*. Some instruments are easy to play; so some of us may be inspired to try!

Ajay Sathe retired in Pune, as India head of Cytel, a globally acclaimed Analytics company. Prior to that, he co-developed *JURIX*, India's first digitized legal library. During his hostel days at IIT and IIM, Ajay taught himself to play musical instruments. His repertoire grew as he kept up with his hobby.

In today's session, Ajay hopes to **demystify** his music, showing that we don't always need knowledge of Ragas or Notations to create music. All we need is the will to try!

Seema Singh

Harsha Shaparia



Friday, 24th November

11:00 am - 12:15 pm

Residence of:

Shreyasi Goenka
Vasant Sagar
7th Floor, A Road
Opp Jai Hind College
Churchgate
Mumbai 400 020

Limit: 25 members

Lebanon meets Switzerland

Our chef today is **Sheyasi Goenka**, a self-taught cook with an inborn gift of being able to combine different ingredients to create unique tastes. She is the daughter of our member, Nayantara Jain.

As we approach winter, imagine being transported to the ski slopes of Switzerland. Let us learn how to make the very famous swiss fondue, salads, and the delicious Lebanese savoury “Fatayer”.

Amita Sheth

Medha Chinai

To register, please call Almas Manekia on 98200 64416 on Friday, 17th November, between 10am - 1:00 pm or 4:00 pm - 6:00pm.



Current Events

Tuesday, 28th November

11:15 am - 12:15 pm

ZOOM MEETING

The link will be sent by WhatsApp and emailed one day prior to the meeting

Guests Welcome

How Women can be game changers

Sindhu Gangadharan is the first woman to lead German tech giant SAP India Labs, Bangalore - a worldwide software solutions market leader, responsible for product development and innovation. She has received several industry recognitions, like *Fortune Top 50 Most Powerful Women* and *Most Influential AI Leader*. She serves on the Board of multiple organisations such as Siemens India, Titan Company Limited and as Vice Chairperson of Nasscom.

Sindhu's is among the leading voices in the world of technology today. She is widely regarded as the Technology Humanist – a title she earned for her deep - rooted belief in technology and in leveraging tech solutions for the benefit of society at large.

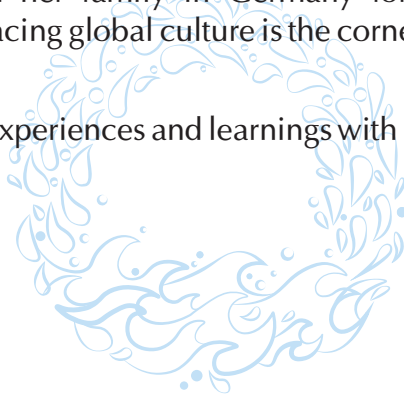
As one of the few women in this role, she is an inspiration to women and girls in the country. Sindhu will talk about her early years as well as her incredible journey from a developer to managing director, SAP Labs India, in Germany as well as in India.

Having lived with her family in Germany for 18 years, Sindhu believes that embracing global culture is the cornerstone of success in today's times.

She will share her experiences and learnings with us.

Neelam Narayan

Barbara Halusa



Executive Committee 2023-2024

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Juliana Ballard
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Book Discussion

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