

**indus**  
INTERNATIONAL



**FEBRUARY - 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

### **Postal Address :**

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

# INDUS INTERNATIONAL

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## NEWSLETTER FEBRUARY 2022 MONTH AT A GLANCE

Wednesday	2 <sup>nd</sup>	Quiz
Friday	4 <sup>th</sup>	Performing Arts <sup>^</sup>
Monday	7 <sup>th</sup>	Executive Meeting
Tuesday	8 <sup>th</sup>	Handicrafts# <sup>^</sup>
Friday	11 <sup>th</sup>	History, Culture and Tours <sup>^</sup>
Tuesday	15 <sup>th</sup>	Philosophy & Religion <sup>^</sup>
Thursday	17 <sup>th</sup>	Book Discussion <sup>^</sup>
Friday	18 <sup>th</sup>	Health & Ecology <sup>^</sup>
Tuesday	22 <sup>nd</sup>	Current Events <sup>^</sup>
Thursday	24 <sup>th</sup>	Music <sup>^</sup>
Friday	25 <sup>th</sup>	Cooking <sup>^</sup>
Monday	28 <sup>th</sup>	Art@# <sup>^</sup>

@ Change of date

# Change of time

<sup>^</sup> Guests allowed

## DESK OF THE PRESIDENTS

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The winter season is always a great opportunity to indulge ourselves with some fantastic cuisines and travel around India. However, with the Omicron rising, we have decided to continue with our Zoom meeting for now. Our amazing Chairladies and Board members have prepared some wonderful and exciting meetings and events for all of us to enjoy while we are forced to stay indoors. This month we have our most awaited **Indus Annual Quiz**. The quiz is based on Festivals of the world. We thank **Usha Jayaram** and her team for organizing it.

# QUIZ TIME

## Indus Annual Quiz

*Subject: Festivals of the world*

*Date: - 2<sup>nd</sup> Feb, 2022*

*Time: - 11.15 am*

This month the Disbursement committee will meet to discuss the distribution of funds to charitable causes and NGOs. If anyone would like to send in appeals of deserving charities, please do send them to Nalini Sewakramani.

The Nominating Committee will also meet soon. If anyone wishes to propose an active member for a position on next year's board, kindly take her consent and send the suggestion in writing to the committee Chairperson **Dinoo Parakh** as soon as possible for consideration by the nominating committee.

We would like to take this opportunity and thank the Indus Adhoc Committee members, Chairperson **Sunita Khandelwal** and the committee members who honored us by sharing their thoughts and opinions, which were inspired by our dear Founder Members **Saroj Prakash**, guidelines to keep: the **Indus Ethos** intact. The deliberations of the Adhoc committee were adopted by this year's **Executive Committee** and included an immediate acceptance of new members to the Indian membership category through a stringent and very careful process of interviews, which will follow the Indus Ethos (kindly check page 5 for more details). Another important deliberation of the Adhoc committee was to temporarily allow Indian members who are holding a foreign passport to hold office on the foreign side and fill in board positions, only in case the nomination committee is unable to find a

position.  
We are looking forward to meetings. Stay safe.



foreigner to fill in the  
seeing you at this month's

**Radhika Kaji**

**Ravit Kedem**



## BIRTHDAYS FEBRUARY 2022

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### BIRTHDAYS FOR FEBRUARY

Jiloo Billimoria	1 <sup>st</sup>	Neeru Mehra	2 <sup>nd</sup>
Gira Mehta	2 <sup>nd</sup>	Nayantara Jain	4 <sup>th</sup>
Sangeeta Javeri	6 <sup>th</sup>	Seema Singh	8 <sup>th</sup>
Jeannette Anand	10 <sup>th</sup>	Shivali Parkash	10 <sup>th</sup>
Abha Ghuwalewala	12 <sup>th</sup>	Pallavi Jaggia	12 <sup>th</sup>
Pervin Poonawala	12 <sup>th</sup>	Pushpa Loyalka	13 <sup>th</sup>
Isabelle Bonsignour	14 <sup>th</sup>	Sushila Kapadia	15 <sup>th</sup>
Simone Assomull	20 <sup>th</sup>	Ayesha Mody	21 <sup>st</sup>
Kamal Mulla	21 <sup>st</sup>	Lulu Janmohamed	21 <sup>st</sup>
Shakuni Hathiramani	21 <sup>st</sup>	Meera Shah	22 <sup>nd</sup>
Jinx Akerkar	23 <sup>rd</sup>	Madhu Kapur	23 <sup>rd</sup>
Vidya Srinivas	23 <sup>rd</sup>	Jill Majeski	26 <sup>th</sup>
Anjali Sethi	27 <sup>th</sup>	Manika Krishnamurti	28 <sup>th</sup>

### NOTICE BOARD

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#### CONDOLENCES

Our deepest condolences to Soledad Gramajo and family, on the sad demise of her mother and our dear member, Sara Lukmani

Our deepest condolences to Nafisa Khorakiwala on the sad demise of her mother.

Our deepest condolences to Sarita Agarwal on the sad demise of her mother.

# NOTICE BOARD

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## Adhoc Committee 2021-2022

Chairperson:

Sunita Khandelwal

Indus International Founder

Saroj Prakash

Indus International Presidents:

Radhika Kaji

Ravit Kedem

Members of the Committee:

Annabel Mehta

Mikki Hariani

Asha Shankardass

Nalini Shewakramani

Anahita Havaladar

Neena Patel

Dolat Kotwal

Rachel Bhot

Dinoo Parakh

Shalini Chuganee

Elinor Mirza

Sucharita Hegde

Maya Merchant

Surbhi Tanna

## Nomination Committee 2021-2022

**Chairperson:** Dinoo Parakh

Radhika Kaji

Ravit Kedem

Amita Shah

Namrata Singhanian

Jinx Akerkar

Ana Panandiker

## NOTICE BOARD

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### APPLICATIONS FOR NEW INDIAN MEMBERS

The Membership Committee is pleased to announce that Indus International will be opening membership for a limited number of new Indian members this year. We would like to invite existing members to sponsor suitable **applicants for membership. Applicants should be willing to actively participate in the activities of Indus in order to benefit fully from their membership.**

The application should consist of a letter of introduction from the sponsor (who should have been a member of Indus for 5 years or more) and a letter from the applicant introducing herself, explaining why she would like to join Indus and how she would be able to contribute to the organization. Applications should be sent to the Membership Treasurers by 15th February 2022. Following this, the Membership Committee will be screening applications and will invite some of the applicants for interviews.

The process of taking in new members will be according to the Indus International memorandum and in accordance with the Indus ethos.

**To clarify, even if an Indian prospective member is holding a Foreign passport, she will be admitted as an Indian member.**

We look forward to receiving prospective members' applications.

The Indus Membership Committee

## EXECUTIVE MEETING

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Monday 7<sup>th</sup>

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 March meeting latest by 10th February 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**



# INDUS QUIZ

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Wednesday 2<sup>nd</sup>

11.15 am – 12.15 pm

**ZOOM meeting:**

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

## **FESTIVALS OF THE WORLD**

Our 2022 Indus quiz is all about celebration – the topic for the quiz is **Festivals of the World**. The morning promises to be full of fun as well as an opportunity to learn some little known facts. The participants are going it alone this year so they will need lots of enthusiastic support from the audience.

We would love to see you dressed up for the occasion in whatever costume you would choose to celebrate your favourite festival.

Please do come and cheer on the participants! The winner of the Quiz will receive a painting, given by our member Sarita Aggarwal & the Indus Quiz Shield.

**Radhika Kaji**

**Ravit Kedem**

## PERFORMING ARTS

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Friday 4<sup>th</sup>

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**

**LOVE AND DANCE – Alokanda Roy**

**Alokanda Roy** conjures an image of grace and elegance. Her versatility comes through in her innovative dancing styles and creative stage productions.

Today she will share with us the incredible work she has done to rehabilitate prison inmates across jails in West Bengal with her program Love and Dance.

Dance and music enabled the convicts to express themselves and change their perspective in life.

We will speak to this inspiring dancer and watch a short film about her wonderful work.

**Deepika Amin**

**Anahita Havaladar**



# HANDICRAFTS

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Tuesday 8<sup>th</sup>

4.00 pm – 5.00 pm

(Please note the change in time)

**ZOOM meeting:**

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

**Guests Welcome**

## THE JOY IN RECYCLING

**Monisha Narke**, Founder and CEO of GreenLife Pvt Ltd is an engineer in Electronics from VJTI Mumbai and pursued her Master's in Industrial Engineering and Management from Stanford University USA.

Today she will speak to us about their partnership with Tetra Oak, Sahakari Bhandar and Reliance Fresh stores since 2010 which enables recycling Tetra Pak cartons. The program has recycled over 8.8 million empty beverage cartons, saved 100 trees from being cut, donated 400 garden benches and 300 school desks to the needy and over 10,000 recycled products over the last decade. In addition, she will share how to recycle beverage cartons with a live demonstration on how cartons are recycled into paper.

**Anita Gupta**

**Laila Karan**



## HISTORY, CULTURE & TOURS

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Friday 11<sup>th</sup>

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 WALK MUMBAI**

Since 2017 Art Walk Mumbai has aimed to broaden and deepen art conversations in the city. They host interactive and inspiring walks, both physical and virtual, that encourage new ways of seeing and thinking about all the art on view in Mumbai.

Join the Art Walk Mumbai founders **Alisha Sadikot** and **Nishita Zachariah** as they take us on a virtual tour of spaces that fostered modern art and renowned artists like F N Souza , S H Raza and many more . Trace the development of a new art aesthetic and "Visit " lost or little-known cultural landmarks in Mumbai that shaped the Indian art history

**Soha Parekh**

**Priya Mehta**





## PHILOSOPHY & RELIGION

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Tuesday 15<sup>th</sup>

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 PHILOSOPHICAL JOURNEY OF A MUSICIAN

Today we welcome **Krishna Marathe**, multi-instrumentalist, singer and music producer who seamlessly blends electronic music with traditional Indian music.

Apart from being a virtuoso guitar player for some of the biggest names in the Indian music industry including Smt. Lata Mangeshkar, Krishna has 20+ years' experience of breaking many gender and genre stereotypes.

A former Art of Living Member, Krishna is here today to share her philosophical journey with us, one which takes us through the pathway of a bhakt to an independent individual, where conforming to principals became contradictory to the true path of her spiritual evolution.

She shall enlighten us on the aspect of spiritual organisations and their impact on the choices and decisions one makes in life, and how the purpose of life is influenced if one loses control of his/her identity.

A prominent member of the LGBTQ Community, Krishna is a support system to many who find themselves confined to societal reforms.

Join us as she shares her most intriguing story with us.

**Shalini Chuganee**



**Sabita Chuganee**

## BOOK DISCUSSION

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Thursday 17<sup>th</sup>

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 Cane Cutter's Song by Raphael Confiant, translated by Vidya Vencatesan**

In the 19th century when slavery was outlawed in Europe, the colonial empire needed cheap labour to work in the sugarcane plantations of the Antilles and the Mascarene islands. The Indian Coolie provided these hard-working hands. They signed a 5-year contract, braved inhuman conditions on the boat to reach the sugar colonies where they were discriminated by the Whites and despised by the Blacks.

Translated from French by Vidya Vencatesan, **Raphael Confiant's 'The Cane Cutter's Song'** is the story of Adhiyaman, who migrates to Martinique. Life is tough but the Indian spirit triumphs over all hardship to create a rainbow nation where every race finds a place.

Vencatesan is Professor and Head, Dept of French University of Mumbai. A translator by passion she has translated Javed Akhtar's poetic oeuvre into French, published in France in 2014.

**Prerna Kewalramani**

**Vidya Srinivas**



## HEALTH & ECOLOGY

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Friday 18<sup>th</sup>

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**

### **SOUND THERAPY WITH PREETA PRADHAN**

Wholeness Coach, **Preeta Pradhan**, is an experienced Life Coach and Healer using Sound, Frequency, Breath and Vibration to heal, empower and enlighten. Having learnt the healing arts and sciences from doyens of the fields, Preeta has been practicing since 2008 and offering these as services since 2016.

Self-Care is what Preeta believes in and teaches to her clients.

Sound, as a healing tool, is considered the medicine of our times. All is energy; thoughts, feelings, emotions are energy; Sound and Breath is energy too.

In balancing, in aligning, in allowing, in receiving...all emotional, mental, physical, psychological symptoms can be released by using Sound and Breath.

**Varsha Alwani**

**Shabana Abdulkarim**



## CURRENT EVENTS

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Tuesday 22<sup>nd</sup>

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**

### **PEOPLE, POWER & POLITICS**

Today our speaker is **Maj Gen A K Shori (Retd)** 1982 batch IAS (Allied Services officer, served in the Indian Army for 21 years. He has done extensive research in Behavioural Science and developed management skills based on stories from the Panchtantra, Ramayana and Mahabharata. He has authored three books titled Indian Rajarshi and Greek Philosopher King, Seven Shades of Rama and Why We Are Like This.

The topic People Power & Politics explains ...Where does the power ultimately reside? Is it in the hands of people or rulers? The politicians are for the people who elect/ select them and hand them the power to rule over them. What happens afterward and what necessitates the need for transformation of power from people to politicians? We all know that power corrupts and absolute power corrupts absolutely, then what are the options available to people to ensure that power is not misused?

Maj Gen AK Shori (Retd), presently Chairman of Managing Committee of GGSDS college, Kheri Guna and Director Human Development Policy Research & Training Centre will discuss these issues.

**Varsha Sheth**

**Avni Parikh**



# MUSIC

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Thursday 24<sup>th</sup>

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 CREATIVE WORLD OF MUSIC**

Into the minds and talents of India's foremost music duo, Composer, **Shantanu Moitra** and Lyricist, **Swanand Kirkire**.

We are fortunate to have this opportunity to learn what goes into musical compositions and lyrics that can touch the hearts minds of both the masses and the classes, with multiple hit songs from Preenita to 3 Idiots to Munna Bhai to name a few.

It will not be just their incredible music that we will learn about but also the struggles they have been through and the challenges they have had to overcome in their inspiring journey.

A morning not to be missed!

**Salome Roy Kapur**

**Marietta Barreto**



## COOKING SWAPSHOP

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Friday 25<sup>th</sup>

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**

### **BUSINESS WOMAN.....TO AUTHOR**

Today, we are very lucky to have with us **Renu Dalal**, daughter of the lady who was a household name in Indian cooking, the late **Tarla Dalal**.

As a director of a manufacturing company for most of her life Renu has crunched numbers and analysed spread sheets at office. Although blessed with a natural flair in culinary matters, her talents for cooking came to the fore only after the passing of her beloved mother. Her two books - Modern Vegetarian and Simple & Delicious Vegetarian Recipes celebrate cuisines from all over. Her recipes have distinctive flavour, an individual cooking style as well as a lot of them are simple and easy to cook. Renu, loves experimenting with food and has a wonderful way of combining ingredients and techniques from around the world to achieve exciting flavours and new dishes.

This morning, Renu will show us how to mix and match ingredients and cooking techniques and encourage us to be more creative in our own cooking to bring something new to the table.

So, ladies do not miss this opportunity as Renu introduces some flavourful delights made accessible to novice cooks as well as experienced foodies alike.

**Neelima Patel**

**Rachita Kapur**



# ART

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Monday 28<sup>th</sup>

12.00 pm – 1.15 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**

## **ART @ JAIPUR RUGS**

**Rutvi Chaudhary** is a director of Jaipur Rugs and spearheads retail and marketing. Under her leadership Jaipur Rugs has collaborated with some of the biggest names in the design and décor space globally. With a keen eye for design and she has helped to curate a distinct identity and visual grammar for the brand through numerous well- designed campaigns and collaborations. Rutvy studied gemology and Modern art from GIA Carlsbad, London and applies her knowledge to create contemporary works of art by collaborating with creative talents capable of showcasing the ancestral craft of carpet weaving in a new light.

Through her ideas of co-creation, Rutvi has helped transform Jaipur Rugs into one of the biggest platforms for artisans and designers to come together and showcase the beauty of Indian craft internationally. She leads an artisan workforce of over 40,000 with 85% being women.

**Jiloo Billimoria**

**Nicola Gerber**





Faith, trust and hope  
By Ram Nath

*Trust will provide pillars and walls to the mansion  
of our life.*

*Hope reflects on the power and the  
strength of our faith and trust. we must never  
allow our hope to be shattered. It provides the  
roof, doors and windows to our life's shelter.*

*It is the combined forces of our Faith,  
trust and hope that will provide us with security  
and keep us afloat, in our moments of crisis and  
despair, and will motivate us to keep moving ahead  
in our life's journey with grace, dignity and  
confidence.*

*Thank you our dear member **Indira Nath** for sharing this beautiful poem*





## Board Members 2021-2022

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