



indus
INTERNATIONAL

2022-2023



PATIENCE & PERSEVERANCE

JANUARY 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
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Nariman Point,
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Instagram : [indusinternationalmumbai](https://www.instagram.com/indusinternationalmumbai)

INDUS INTERNATIONAL

NEWSLETTER JANUARY 2023 MONTH AT A GLANCE

Friday	6 th	History Culture and Tours   
Monday	9 th	Executive Meeting
Tuesday	10 th	Handicraft 
Thursday	12 th	Picnic
Monday	16 th	Book Discussion 
Tuesday	17 th	Philosophy and Religion 
Wednesday	18 th	Art
Friday.	20 th	Health and Ecology 
Monday	23 rd	Music and Performing Arts
Tuesday	24 th	Current Events
Friday	27 th	Cooking Swapshop 

Change of date: 

Change of time: 

Guests allowed: 

DESK OF THE PRESIDENTS

As the year ends, we are reminded of how time flies! With the New Year just a few days away we are grateful to our Board and Chairladies for putting in their best and giving us enjoyable and excellent meetings.

We have had fun-tastic speakers and are in the process of planning many more amazing meetings and events to strengthen Indus bonding!

The traditional Christmas morning was a stupendous success with over 120 ladies in attendance! Our heartfelt gratitude to the jolly Indus choir along with Gita Purandhare for entertaining us, all the ladies who contributed to the Bake Sale, taking us back to the yesteryears participation through Indus Festival of Charities. A special thanks to Mikki Hariani and her team for the beautiful Christmas Decorations at our gracious hostess -Phiroza's Adenwala Bagh.

Last but not the least a special thanks to our Vice Presidents, Marietta Barreto and Priya Mehta.

Indus ladies not only love having fun but also very responsibly keep the wheels of the organization moving. As we enter 2023 and in keeping with the trends of the decade a special thanks to our Archives team for successfully sorting, documenting and cataloguing the files from 1967- to date so that they can be digitized and stored for future Indus teams.

The cooler months tempt us to have several outdoor events:

Save the Date

- *Heritage walks: 6th January 2023
- *Indus Picnic to Karjat: 12th January 2023
- *Annual Event cum dinner: 10th February 2023
- *Trip to Gwalior - Panna –Khajuraho: 19th February 2023

If you are looking to participate, we have plenty of opportunities; do get in touch with either of us.

Reminder – Look into your yearly attendance requirements

Wishing you and your families a very Happy and Healthy New Year!

Sheena Kataria

Kaya Shewakramani

NOTICE BOARD

CONDOLENCES

Deepest condolences to Veena Nag on the sad demise of her husband.

Deepest condolences to Namrata Singhania on the sad demise of her mother in law.

TRAVEL

Trippers are all set with their travel documents and bags packed to leave for Madhya Pradesh . The group comprises of 18 ladies and leaves on 19th February 2023 for Gwalior –Khajuraho & Panna.

INDUS INTERNATIONAL ANNUAL EVENT 2023

JAMVA CHALO JEE

Let's celebrate together an evening full of Mazza and Masti and scrumptious food!

Book your seats to avoid disappointment for a themed contributory Annual Dinner, drinks and dance at Saher Agiary.

For more details call:

Sandhya Vora	9820108791
Sapna Daryanani	9833124844
Sheena Kataria	9820284890
Kaya Shewakramani	9821052927
Ameeta Shah	9820072658
Anju Kanodia	9821887591

DISBURSEMENT 2023

The Disbursement Committee will disburse funds to various charities in February 2023. If any member would like to recommend a deserving Charity, having a valid 80G certificate, kindly get in touch with Sheena Kataria or Kaya Shewakramani.

ADHOC COMMITTEE 2022-2023

Chairperson

Annu Toshniwal

Indus International Founder

Saroj Prakash

Indus International Presidents

Sheena Kataria

Kaya Shewakramani

Members of the Committee

Jinx Achrekar

Veena Mallick

Sunita Khandelwal

Hoofrish Vakil

Surbhi Tanna

Ameeta Shah

Sandhya Vora

Ana Panandiker

Radhika Kaji

Ravit Kedem

Nicola Gerber

Usha Jayaram

Tinu Sanghvi





Jamva Chalo Jee.....

Parsi bhonu for thee!!

At our

Annual Event

2023



Get your Garas out, let's
dance and dine

Bawa-style!

On

10th.Feb.2023

at

Saher Agiary

Bhulabhai Desai Rd.

7pm onwards



Details in newsletter

Illustrations by Aneeta Malhotra

HISTORY CULTURE AND TOURS

Friday, 6th January

9.00 am - 10.15 am
(please note change of date
and time)

In-person Meeting

VENUE:

**Port Bhavan
WRMQ+Q9H
Ballard Estate, Fort,
Mumbai 400 001.**

Guests Welcome

Bombay meets the World – A walk through Ballard Estate

Come join us this morning as historian & educator, **Alisha Sadikot** (co founder - Art & Wonderment) walks us through Ballard Estate, with its wide tree-lined streets and elegant European-inspired architecture back to early 20th century. She will take us back to Bombay, a port city that stood at the centre of a map dominated by sea trade and travel, and at the brink of modern living. From war, trade and shipping to train, travel, migration, hotels and public dining, this walk highlights remarkable hidden connections between Bombay and the world.

It promises to be a fun morning, so come get your steps in as you soak up the history of Ballard Estate!

Varsha Sheth

Sheetal Patel

There will be a charge of Rs.200/person to be collected on the actual day itself.

EXECUTIVE MEETING

Monday, 9th January

11:00 am - 12:15 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 **February** meeting latest by **10th January 2023** to both:

Priya Mehta

priya.n.mehta@gmail.com

Marietta Barreto

mariettabarreto@hotmail.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.

mayamerchant@hotmail.com

ana.d.panandiker@gmail.com

Priya Mehta

Marietta Barreto

HANDICRAFTS

Tuesday, 10th January

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 Crochet Story- 300 Journeys

Mon Ami Foundation is an independent not-for-profit trust with a strong focus on social responsibility. They were featured at the recent Indus Festival of Charities. Working across rural and urban India, Mon Ami Foundation's vision is to help companies build socially responsible ecosystems by creating sustainable opportunities to improve the quality of life.

We will be joined by Mon Ami Foundation's Trustee member, **Amit Malhotra**, who will tell us about starting the largest crochet movement in the country! Working primarily with migrant women and women from low-income families, Mon Ami Foundation has been teaching women across India the craft of crochet from the safety of their own home. As well as learning crochet, Mon Ami provides women with financial understanding and the business acumen to empower them to earn an independent livelihood. Do join us to learn more about this fascinating and ever-growing project that currently has over 300 artisans.

Shabana Abdulkarim

Helen Craggs

INDUS ANNUAL PICNIC

Thursday, 12th January

07.00 am - 17.00 pm

VENUE:

**Residence of Preeti Maria
Corvuss American Academy
Karjat Murbad Road
Wadawali tal
Dist. Karjat
MAH 410201**

Welcome to a fun-filled day at Karjat!

We have arranged for the lucky 45 ladies who booked first to have a wonderful day out in Karjat! We plan to leave Mumbai bright and early at 7.00am by a special air-conditioned coach to take us to the home of our hostess Preeti Maria. Preeti will serve us breakfast on arrival and then give a guided tour to any of our members who are interested in walking around the grounds of the Corvuss American Academy which is spread over 25 acres of lush green countryside. We will then be treated to a delicious lunch at Preeti's bungalow and aim to leave Karjat at 3pm to return to Mumbai.

Preeti's bungalow is adjacent to the Corvuss Academy which was started by her son Kunal Maria. The school is the manifestation of Kunal's vision – he was an excellent basketball player who played for India but had to give up the sport to pursue his studies. The Corvuss Academy fills a much needed specialist niche for those talented students who excel in sports but most often have to give up specialist training once they reach the higher grades of 8 and above as they find it impossible to juggle their everyday lessons, tuition classes, exams, extra-curricular activities and sports training. At Corvuss, a special curriculum has been designed based on the three pillars of education, sports and character building which enables the students to harmonize education and sports to help them realise their potential.

Priya Mehta

Marietta Barreto

BOOK DISCUSSION

Monday, 16th January

11.00 am - 12.15 pm

In-person Meeting:

Residence of:

Mikki Hariani
Row House No. 3,
Grand Paradi,
August Kranti Marg,
Mumbai 400036

Guests Welcome

CHEMICAL KHICHDI: HOW I HACKED MY MENTAL HEALTH BY APARNA PIRAMAL RAJE

Aparna Piralal Raje is a writer, columnist, speaker, educator and former CEO of her family's office furniture business. She studied at Oxford University and Harvard Business School. However, for over two decades, Aparna struggled with a serious mental illness-bipolar disorder. In her book "Chemical Khichdi: How I hacked my Mental Health", Aparna Piralal Raje tells the story of how she learnt to come to terms with her condition and seeks to remove the stigma associated with a severe mental illness.

Aparna Piralal Raje will join us today to tell us about her experiences of living with a serious mental health condition. This will be followed by a Question and Answer session with her.

Lubaina Soares

Sharmeen Maskati

Book for February: Lessons in Chemistry by Bonnie Garmus.

PHILOSOPHY AND RELIGION

Tuesday, 17th January

11:00 am – 12:15 pm

Zoom meeting

**Zoom ID will be posted on
WhasApp and emailed one
Day prior to the meeting**

Guests welcome

CARRYING FORWARD AN EVER ADVANCING CIVILIZATION

The conviction that every individual belongs to one human family is at the heart of the Baha'i Faith. We are all citizens and co-stewards of our planet. A growing awareness of our common heritage and interdependence allows us to strive for unity in diversity.

Neda Nooreyzdan will introduce us to the Baha'i Faith, its fundamental beliefs and principles, its history and the work it is engaged in, in thousands of locations around the world working with individuals and communities to not only improve their own lives but to also contribute to the improvement and progress of society.

Neda Nooreyzdan has served full time on various Baha'i institutions throughout her life. Born in Iran, she moved to the UK in 1974 with her family. She qualified as a Computer Programmer and Systems Analyst from the University of London.

Dipika Shroff

Neelu Kapur

Wednesday ,18th January

11.00 am – 12.15 pm.

In Person Meeting:

VENUE:

National Gallery of Modern Art,
Mumbai
Sir Cowasji Jehangir Public Hall,
M. G. Road,
Fort, Mumbai - 400032.

'Minds Cupboards'- by Lalita Lajmi

Lalita Lajmi (born 17 October 1932) is an Indian painter. She is a self-taught artist born into a family involved in the arts, and was very fond of classical dance as a child. She is the sister of Hindi film director, producer, and actor Guru Dutt.

She works with prints and etchings that primarily deal with relationships and their resonances with the mind . Her work highlights hidden tensions that exist between men and women by capturing different roles they play. On the 12th of January 2023 she opens her retrospective at the NGMA show casing seven decades of practice with the show 'Minds Cupboards' and we at Indus are privileged to view this with the artist herself being present. Sumesh Sharma will throw light on her journey.

Rashna Doongaji

Kanchan Khubchandani

HEALTH AND ECOLOGY

Friday, 20th January 4:00 pm - 5:15 pm
(Please note the change of time)

In-person meeting:

Venue: **MRS. NAWAZ MODI SINGHANIA**
J. K. House, Raymond Showroom Bldg.,
Opp. Breach Candy Hospital,
Breach Candy, Mumbai – 400026.

PILATES - BUILDING MUSCLES ENDURING AND STABILITY

It's a great pleasure for us to introduce the Pilates expert **NAWAZ MODI SINGHANIA**, a leading fitness & lifestyle icon, wellness expert, instructor & nutritionist. She is the founder of 'Body Art, Fitness Centres. Which have Aerobic Workshops, Cardio group Classes, Aqua Aerobics / Aqua for Yoga, Aerial Art Studios, Pilates and Gyrotonics Hubs, Spinning Studios, Gyms and further fitness offerings. She writes many leading magazines and newspapers, such as Bombay Times, Mid-day, Mumbai Mirror Femina, Savvy, Stardust, Hindustan Times, Economic Times and more. She is also a well-known radio and television personality.

Pilates works on a long lean musculature, promoting petite, strong taut bodies. It is also fabulous for rehabilitative purpose for special populations.

Nawaz Modi Singhania, is going to enrich us with the benefits of Pilates along with presentation. She will teach us a few easy Pilates floor exercises that are highly effective for everyone, young and old.

Note: Please wear comfortable clothing and carry your exercise mat.

Neeta Merchant

Namrata Singhania

MUSIC AND PERFORMING ARTS

Monday, 23rd January

11.00 a.m. - 12.15 p.m.

In Person Meeting

Residence of:

Isha Kedia
Orbit Arya, 24th Floor,
Nepeansea Road,
Opposite St. Stephen's Church,
Mumbai 400026

WHEN MARIMBA RHYTHMS START TO PLAY DANCE WITH ME, MAKE ME SWAY

This morning, we have with us **Parag Udani** (our Indus Member Hemal Udani's Husband) and his friend Nitin Doshi, whose partnership began singing during their School classes much to the annoyance of their teachers. They sing mainly in genres of Hindi and English songs from 1940s onward.

Today, you will be transported to a world of foot-tapping music where you will be unable to resist to sing and dance to rock to all your favourite melodies.

Please do call Hemal Udani in advance with your requests so she can try and make the tracks available.

For Registration, please What's App Only to

Hemal Udani
Ranjana Mahadevia

9821119815
9820136941

Hemal Udani
Neeru Mehra

Ranjana Mahadevia
Gopi Vaid

CURRENT EVENTS

Tuesday, 24th January

11:15 a.m – 12:15 p.m

In-person Meeting

Residence of:

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

**“ MIND YOUR MIND” ... AND IT'S ALL ABOUT MIND
MANAGEMENT**

Dr. **Nilima Mehta** is a Family Counsellor and a Consulting Psychotherapist. She is a visiting professor in Human Behaviour. Dr. Mehta has worked in the space of Child Protection for over 40 years as a consultant with the Ministry of Women & Child Development GOI, with UNICEF, ChildLine, CRY and has served on the board of several other NGOs. Dr. Nilima consults on cases related to Parenting, Spousal Relationship, Couples Counselling, Self-Management and many other emotional issues and concerns.

Today Dr. Nilima Mehta will give an interactive session on how our thoughts impact our feelings, and how our emotions affect our Relationships and Behaviour.

Anjali Mathur

Selma Kriegner

COOKING SWAPSHOP

Friday, 27th January

11.15 am – 12.15 pm

Zoom Meeting

Zoom ID will be posted on whatsapp and emailed one day prior to the Meeting.

LITTLE PLEASURE...from the City of Joy

Guests Welcome

When you look back.... it's the little little things that truly matter.... **The LITTLE PLEASURES** are what make life worth living!!

This morning, we bring to you **Shripriya Gupta**, a Le Cordon Bleu graduate... Pastry Chef Extraordinaire, who is the Founder & Magician at 'Little Pleasures' bringing a True French style patisserie to the city of joy.

Known for her skills in bringing seemingly impossible designs to life, her high quality products are served fresh with a promise of no added preservatives.

Shripriya's signature desserts are Profiterole Pyramid and Lemon Cake, both of which have a huge fan base.

Today, she will be demonstrating some tea time treats and desserts to satiate your sweet tooth!

ENJOY & INDULGE!!

Bina Kejriwal

Anju Siraj

Board Members 2022-2023

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