

## Involve, Evolve FEBRUARY 2025





### **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, 2nd Floor Free Press Journal Marg Nariman Point Mumbai 400 021

Website: www.indusinternational.org Email: membershipindus@gmail.com Instagram: indusinternational Mumbai Indus International

### February at a Glance



DATE	ΑCTIVITY	SPEAKER	VENUE
Monday 3rd	Executive Meeting		Varsha Sethi 207 Samudra Mahal Next to Tata Showroom 7th floor, Worli Mumbai 400018
Friday 7th	Performing Arts	Vipin Mishra	Jaya Chawla Raheja Imperia 1, A/4601 Shankar Rao Naram Path (Hanuman Gali) Nr. Peninsula Corporate Park Lower Parel, Mumbai 400013
Sunday 9th	Annual Event		Keiba X All Saints Royal Western India Turf Club Mahalakshmi, Mumbai 400018
Tuesday 11th	Philosophy and Religion	Vidya Virkar	Gallery Art & Soul 'Madhuli', Ground floor Shivsagar Estate, Worli Mumbai 400018
Thursday 13th	Music	Sir Mark Elder	Jamshed Bhabha Theatre NCPA, Nariman Point Mumbai 400021
Thursday 20th	Book Discussion	Samira Sheth Ukla Chauhan	Vrinda Jhunjhunwala 28 Sheela Apartments Bhulabhai Desai Road Mumbai 400026
Friday 21st	Health and Ecology	Nadir Godrej	Vandana Kanoria Bhagwati Bhavan 3rd floor 31b Carmichael Road Mumbai 400026
Saturday 22nd	Art and Handicrafts		Workloft Coworking Space 35 Sir, Court Chambers Ground Floor Vitthaldas Thackersey Marg New Marine Lines Mumbai 400020
Tuesday 25th	Current Events	Kavita Shah Anna Joy	Anju Siraj 86/B, Govind Mahal NSC Bose Rd, Marine Drive Mumbai 400020
Thursday 27th	History and Culture		Hasnabad Dargah Anjeerwadi Road Byculla East, Mazgaon Mumbai 400010
Friday 28th	Cooking Swapshop	Rinika Grover	Sheetal Patel 3B, White House 91, Waikeshwar Road Mumbai 400006

### From The Desk of The Presidents

This month we begin with the Annual Event on the 9th of February. In case anyone has not registered, please do so and do bring your "BETTER HALVES".

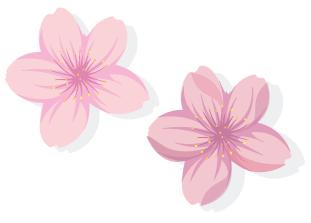
We also have some amazing events, one being a walkthrough of Mumbai's mini Taj Mahal AND also a seat at the SOI concert rehearsal.

The annual Indus art exhibition is also scheduled for this month and promises to be an eclectic and interesting collection from our very own art community. Please do attend this to encourage our talented ladies.

And on that note HAPPY VALENTINES DAY and hope to see you at KEIBA!

### Medha Chinai

Soledad Gramajo



### Congratulations

To Niru Mehra on the birth of a grandson in December!

### Condolences

Our deepest condolences to our member Kavita Sawhney on the passing of her husband.

Our deepest condolences to our member Kaya Shewakramani on the demise of her father-in-law.

**Save the Date - Monday, 10th March -** Phoolon ki holi celebration at ISKON temple, followed by lunch, Details forthcoming in the WhatsApp Notices and in the March newsletter.

**Save the Date - Friday, 4th April -** Indus International stands for unity amongst diversity and the Performing Arts chairladies invite all members to open your wardrobe, adorn your favourite textile and walk the ramp for the Performing Arts meeting on 4th April. It could be your favourite sari or dupatta, or even your traditional dress! Those who wish to participate, kindly register with Sheena Kataria on 98202 84890.

### 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.





**Elected Office Bearers -** According to our charter, "suggestions from the general membership for each office shall be invited through the February newsletter." Members are invited to nominate other members to be office bearers for the upcoming year 2025-2026. Please contact the nomination committee with suggestions.

### Nomination Committee 2024-2025

- Nina Kilachand, Chairlady
- Indira Kilachand
- Anupama Anand
- Mikki Hariani
- Medha Chinai
- Soledad Gramajo
- Ravit Kedem

### Membership Committee 2024-2025

Presidents	Medha Chinai	Soledad Gramajo
Past Presidents	Tinu Shanghvi	Pervin Poonawalla
Membership Treasurers	Christina Mirani	Nicola Gerber
Members	Leena Vaid Ranjana Mahadevia	Jinx Akerkar

### Advisory Committee 2024-2025

- Kamal Mulla
- Rachel Bhot
- Annu Toshniwal

### AdHoc Committee 2024-2025

- Saroj Prakash, Founder Member
- Christina Mirani
- Pervin Poonawalla
- Tinu Shanghvi
- Sunita Khandelwal
- Surbhi Tanna
- Shireen Desai
- Ravit Kedem
- Nicola Gerber
- Nazneen Dubash
- Dolat Kotwal
- Medha Chinai
- Dinoo Prakash
- Elinor Mirza
- Annabel Mehta
- Soledad Gramajo
- Maya Merchant
- Sucharita Hegde
- Kaya Shewakramani

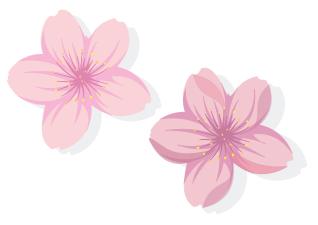






### Whom to Contact on the Board if...

- 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 ID –
  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**
- 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 only yourself in. If guests are allowed, then sign in your guest
- Arrival after 11:15 am 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

### 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, Christmas Coffee Morning, AGM, Quiz, Picnic or any other special event
- Acting, dancing, working back-stage, speaking, demonstrating, baking for any special event, taking part in the quiz, etc.
- Giving a donation to Indus International

You need 2 participation points during the year.





### Indus Etiquette

We have restarted in-person meetings; so let's remember that 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 members' 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 home, 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 am and end at 12.15 pm. Your attendance will not be counted if you come in after 11.15 am or leave before 12.15 pm.
- 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 am and end at 12.15 pm. Your attendance will not be counted if you come in after 11.15 am or leave before 12.15 pm.



**Residence of:** 

### **Executive Meeting**

### Varsha Sethi

11:00 am – 12:00 pm

207 Samudra Mahal Next to Tata Showroom 7th floor Worli Mumbai 400018

Ladies, please email a copy of the blurb for your March meeting, latest by 10th February 2025, to both:

Anu Kedia - anukedia63@gmail.com

Juliana Ballard – diplomatsballard@yahoo.com

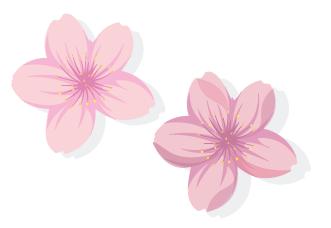
Please send in Times New Roman font, size 12 pt, so it's easier to insert into the newsletter. We also request chairladies to follow the format in the Ready Reckoner. We do not require a hard copy of the blurb.

Please email your attendance sheet for each month to the Membership Treasurers, immediately after your meeting, on the emails given below.

chris.mirani@gmail.com nicola@fusionstudio.eu

### Anu Kedia

Juliana Ballard



### Performing Arts



### Friday 7th February

**Residence of:** 

11:00 am – 12:15 pm

Jaya Chawla Raheja Imperia 1, A/4601 Shankar Rao Naram Path (Hanuman Gali), Near Peninsula Corporate Park, Lower Parel, Mumbai 400013 <u>Map link</u>

#### Limit: 35 members

### FOLKROAD ZANSKAR – A COMPOSER ON A MOTORCYCLE

**Vipin Mishra** is a National Award-winning film composer, independent artist, and music producer based in Mumbai. With three decades in music, he is now spearheading Kranti Records, a boutique record label dedicated to alternative contemporary and traditional music from India.

An adventurer at heart, Vipin's parallel love for exploration has taken him on high-altitude treks, white-water expeditions, multiple climbs above 6,000 meters, and adventure motorcycling. These passions culminated in **FolkRoad Zanskar** – a docuseries that follows him riding deep into the elusive Zanskar Valley on his motorcycle, searching for forgotten nomadic music traditions.

In this meeting, Vipin will show us a teaser of his docuseries, talk about his experience of filming and bringing back music from Zanskar Valley, and answer all your questions.

Get ready for a fun, interactive, and maybe even a bit musical experience!

Register with **Bijal Doshi** on **+91 9082716100**, on **Tuesday 4th February from 10:00 am to 12:00 noon, 3:00 pm to 5:00 pm**.

Sheena Kataria



Gülçin Körpe

Please join us for brunch with your valentine!

## Indus Annual Event

February



12.00PM

VENUE: KEIBA X ALL SAINTS Royal Western India Turf Club, Mahalakshmi, Mumbai 400 018

An afternoon of food, fun & music! Rs.2700 per person Dress Code: A touch of red Volunteers for registration and money collection

> PRERNA KEWALRAMANI +91 9820238123 9B ANANTA BLDG, DR. RAJABALLY PATEL RD, OPP BREACH CANDY HOSPITAL, MUMBAI 400 026

PREETI MARIA +91 9820268484 A1303 VIVAREA, JACOB CIRCLE, MAHALAXMI, MUMBAI 400 011

SONAL SAIGAL + 91 9820828262 6 FIRDAUS 1ST FL, 56 MARINE DRIVE MAIN ROAD, D ROAD CORNER, MUMBAI 400 020

> SHIVANI CHADDA + 91 9821045900

DALAMAL APTS 4TH FL, NEXT TO SAINARA BLDG, CUFFE PARADE, MUMBAI 400 005

> GOOGLE PAY: MEDHA CHINAI +91 9820031885



### Philosophy & Religion

Tuesday 11th February (Please note change in date.)

#### 11:00 am – 12:15 pm

Venue:

Gallery Art & Soul 'Madhuli', Ground floor, Shivsagar Estate, Worli Mumbai 400018

#### **Guests Welcome**

### **\*EXPERIENCE LIGHT\***

Nothing is as wonderful and beneficial as the experience of Light. This simple technique of light channelling gives peace to the individual as well as to the world. It transforms us from within. Millions of people are channelling Light in India and in various other parts of the world.

Our speaker, **Vidya Virkar**, has had an eclectic career spanning many disciplines, from research in biochemistry to TV production, journalism to advertising, and onward to helping her father run the iconic Strand Book Stall.

She is now a meditator and devotes her life to the spreading the Light to the world, being a disciple of late Guruji Krishnananda of Manasa Foundation in Bangalore.

Join us today, as Vidhya, a light channeller, seeks to help people reach that state of enlightenment where they can attain inner calm from mental misery and self imposed suffering to live a life of eternal peace, divine love and everlasting bliss.

Dr. Jeannie J. Madan

**Benu** Parkash

### Music

#### Thursday 13th February (Please note change in date and time.)

11:15 am – 12:15 pm



Venue:

**Jamshed Bhabha Theatre** NCPA, Nariman Point Mumbai 400021

### Guests Welcome, Registration Required

#### BEHIND THE BATON: A SPECIAL SOI CONCERT REHEARSAL WITH SIR MARK ELDER

The Symphony Orchestra of India (SOI) is India's first and only professional orchestra, founded in 2006. By special permission, we will be allowed to attend the rehearsal of the final SOI Spring 2025 Season Concert. Experience the artistry of music-making as celebrated Conductor Sir Mark Elder leads a behind-the-scenes rehearsal with the SOI.

**Sir Mark Elder** is one of Britain's most acclaimed conductors and Conductor Emeritus of The Hallé Orchestra with 63 appearances at the BBC Proms. The concert begins with the Overture to Oberon from the romantic opera by Weber followed by the triple creation of Overture, Scherzo and Finale of Schumann's symphonic work for orchestra, which has an overall light and friendly character. The concert culminates with one of Beethoven's most celebrated works, the Eroica Symphony, a composition celebrating the memory of a great man – making revolution personal.

The Conductor will decide the program for the rehearsal on that day.

<u>Registration is mandatory</u>. Register by WhatsApp on **Monday 10 February** with **Lata Kotecha** on **98212 12966** between **10 am and 5 pm**, with full name and membership number and the full name(s) of your guest(s). A list of all registered members and their guests will be given to Security at the NCPA for admission.

**NOTE:** The meeting point and time is the backstage entrance of the Jamshed Bhabha Theatre at 11.15 am. Rehearsal will resume after morning tea break at 11.35. Latecomers can enter by giving their names to security. The rehearsal will end at 1 pm, members may leave after 12.15 at the discretion of the ushers.

Gita Purandare



Ferzana Khanna



### **Book Discussion**

**Thursday 20th February** 

**Residence of:** 

11:00 am – 12:15 pm

**Vrinda Jhunjhunwala** 28 Sheela Apartments Bhulabhai Desai Road Mumbai 400026

**Guests Welcome** 

### THE MEMORY KEEPERS AND FUTURE SEEKERS: PORTRAITS OF HERITAGE HOMES IN GOA - ULKA CHAUHAN & SAMIRA SHETH

A new book, titled **The Memory Keepers & Future Seekers** features visual & literary portraits of six Goa homes built during the colonial Portuguese era and the intimate stories of their proud owners. By going beyond the physicality of architecture, artifacts and antiques, it explores the emotional foundations that make a house a home. These historic homes, like the Havelis of Ahmedabad or the mansions of Chettinad, are vital to preserving Goa's cultural identity amidst rapid development.

**Samira Sheth** is an independent art curator and writer based in Goa and has worked on this book with Zurich-Mumbai based, acclaimed photographer, **Ulka Chauhan**. The book titled **The Memory Keepers & Future Seekers** is a visual and literary exploration of heritage homes in Goa, all of them centuries old and a reflection of the rich history of Goa, once the capital of the Portuguese empire and a site of sweeping cross cultural exchange.

The authors are looking forward to showing you their work & photographs from the book and will discuss the significance of heritage from historical and personal perspectives.



### Health & Ecology

### Friday 21st February

**Residence of:** 

#### 11:00am - 12:15pm



#### Vandana Kanoria

Bhagwati Bhavan 3rd floor 31b Carmichael Road Mumbai 400026

Limit: 50 members

### **ENVIRONMENTAL AND SOCIAL SUSTAINABILITY IN BUSINESS**

**Nadir Godrej** will cover the role of business in Environmental & Social sustainability with a particular emphasis on win-win solutions that simultaneously help people, planet and profit.

Corporate Social Responsibility (CSR) is an important part of any business and should be seen as a duty of business. However, in some parts of the world there is once again a push back against this balance of profit v planet. CSR may seem a heavy cost that effects profits but is an essential purpose that eventually provides benefits to all stakeholders, that in turn helps the business to be even more successful. There are many win-wins that help society and helps the business to thrive. A particular and timely example is climate change, an existential threat and business can do much to prevent it.

Nadir Godrej is a prominent Indian businessman and the managing director of Godrej Industries, a major conglomerate in India with diverse interests ranging from chemicals and consumer goods to real estate and agriculture. He is part of the influential Godrej family, which has played a significant role in shaping India's industrial landscape for over a century. Known for his keen business acumen, Nadir Godrej has helped guide the company through various phases of growth and diversification. Beyond business, he is also recognized for his contributions to education, sustainability, and innovation, making him a respected figure both in India and globally.

Register on Wednesday 19th February from 10 am to 1 pm with Rohini Himatsingka on 98215 20410.

Pragati Gupta



Kam Kang



### Art & Handicrafts

Saturday 22nd February (Please note change in date.)

Venue:

11:00 am – 12:15 pm

### Workloft Coworking Space

Office of Member Soha Parekh 35 Sir, Court Chambers, Ground Floor Vitthaldas Thackersey Marg, New Marine Lines, Mumbai 400020

Guests Welcome

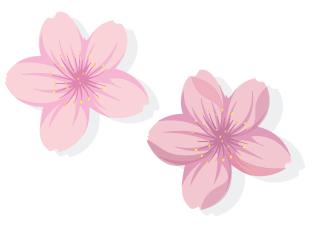
### ANNUAL INDUS MEMBERS ART EXHIBITION

Join us for a delightful morning celebrating creativity, talent, and the power of artistic expression. Explore a collection of artwork created by our very own Indus members, ranging from beginners to seasoned professionals. Each piece will be accompanied by a brief description, offering you a glimpse into the story, inspiration, or technique behind the work.

This event promises to be a vibrant mix of art appreciation, connection, and discovery. Whether you're an art enthusiast, a curious observer, or someone looking for a spark of inspiration, there's something for everyone. You might leave not only inspired but also ready to pick up a paintbrush and start your own creative journey.

Nanda Madhavji

### Kristin Mehta



### **Current Events**

# - \*\*

### **Tuesday 25th February**

**Residence of :** 

11:00 am - 12:15 pm

**Anju Siraj** 86/B, Govind Mahal, NSC Bose Road, Marine Drive, Mumbai 400020

#### **Guests Welcome**

### **EMPOWERING LIVES SINCE 1991: CONCERN INDIA FOUNDATION**

Concern India Foundation, is a registered non-profit and public charitable trust dedicated to creating a more equitable society. Guided by their motto, "Helping People Help Themselves," they strive to empower disadvantaged individuals and communities to achieve self-reliance and live with dignity. Their core areas of focus—education, health, and community development—address the fundamental aspects of human well-being and sustainable growth.

Currently operating in 12 states, they remain committed to fostering an inclusive society where everyone can live with dignity. Through their diverse initiatives, they have positively impacted children, youth, women, people with disabilities, elderly, farmers, weavers, and other vulnerable groups in both rural and urban India, their main beneficiaries.

Today, **Kavita Shah**, CEO of Concern India Foundation and **Anna Joy**, Deputy CEO, will take us through its astonishing journey of transformation. Kavita is a visionary leader with over three decades of experience driving meaningful social impact. For the past 30 years, she has been at the helm of the Foundation, who along with her team has taken it from an initiative that supported just four NGOs to a powerhouse organization that has positively impacted the lives of over 5 million beneficiaries!

Neelam Narayan



Barbara Halusa



### **History & Culture**

Thursday 27th February

11:00 am - 12:15 pm

Venue:

Hasnabad Dargah

Anjeerwadi Road Byculla East, Mazgaon Mumbai 400<mark>01</mark>0

### Limit: 25 members

### THE MOST BEAUTIFUL PLACE IN MUMBAI AKA THE MINI TAJ MAHAL

Did you know Mumbai has its very own mini Taj Mahal tucked inside the old lanes of Mazgaon?

The comparisons between Hasnabad and the Taj Mahal do not simply end at appearances. While Taj Mahal was built as mausoleum for Mumtaz Mahal by Shah Jahan, Hasnabad was constructed as a mausoleum or maqbarah too by the Khojas to house the mortal remains of Hasan Ali Shah ,the 46th Imam of the Khojas, also known as Aga Khan I.

As menial as it sounds in present-day Mumbai, a grand sum of Rs. 3 lacs was pooled and used to build Hasnabad. A lot of voluntary work also went into constructing the breath-taking mausoleum with three domes, two minarets, multiple archways and exquisite lattice-work. The doors to the main resting chamber of Aga Khan I have silver-inlays and some of the decorations are made of gold. While the maqbarah is made of sandstone, it is clad in Rajasthani marble.

Word on the street is that the lattice-work man-hole like coverings that you see on the floor of the mausoleum is actually not covering a manhole but a series of underground tunnels! We could keep going on and on about the marvel that is Hasnabad but nothing will come close to a first-hand glimpse. NOTE: Members are encouraged to wear comfortable walking shoes, be modestly covered with long sleeved outfits and legs covered. Do carry a dupatta as a sign of respect. There is no provision for refreshments so please carry a bottle of water and your enthusiasm.

Register with **Rina Kapadia** on **98208 76424** on **20th February between 9:00 am and 2:00 pm**.

Varsha Sethi

Vinay Kumari Chopra

### **Cooking Swapshop**

Friday 28th February (Please note change in time.) 4:00 pm - 5:00 pm



**Residence of:** 

**Sheetal Patel** 3B, White House 91, Waikeshwar Road Mumbai 400006

#### Limit: 30 Members

#### WHEN SHE POURS....SHE REIGNS

Knock Knock.. it's mocktail o'clock, where flavour takes the stage and alcohol takes a bow.

Join us in a fun session where our speaker **Rinika Grover** demonstrates some refreshing mocktails, showcasing her creativity beyond her professional role.

To register, please call **Shibani Gandhi** on **98200 76636** on **Friday, 21st February** between **10 am and 12 pm** or between **3 pm and 5 pm**.

Amita Sheth

Priya Mehta



### Executive Committee 2024-2025



Art & Handicrafts Nanda Madhavji + 91 98194 98822 nanda.madhavji@hotmail.com

Book Discussion Farah Raina +91 98204 50806 farahraina76@gmail.com

**Current Events Neelam Narayan** +91 98202 87877 neelamnarayan@gmail.com

Cooking Swapshop Amita Sheth +91 98200 31532 amitasheth2002@yahoo.com

History, Culture & Tours Varsha Sethi +91 93237 81942 vsethi1000@gmail.com

Health & Ecology Pragati Gupta +91 98201 29700 297pragati@gmail.com

Philosophy & Religion Jeannie Madan +91 98201 80997 jjmadan@gmail.com

Music Gita Purandare +91 98201 86374 gitapurandare@gmail.com

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### Board Members 2024-2025

### PRESIDENTS

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### **VICE PRESIDENTS**

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