



indus
INTERNATIONAL

2024-2025



Involve, Evolve

MARCH 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



March at a Glance

DATE	ACTIVITY	SPEAKER	VENUE
Monday 3rd	Executive Meeting		Kam Kang
Tuesday 4th	SPECIAL EVENT	Shobha Jagtiani	Anjali Mariwalla
Monday 10th	SPECIAL EVENT	Phoolon ki Holi	Iskon Temple Babulnath Chowpatty Mumbai
Tuesday 11th	Health and Ecology	Ravi Shroff	Zoom Meeting
Wednesday 12th	Music	Indus Choir	Gita Purandare
Monday 17th	Current Events	Esha Gupta	Varsha Sethi
Tuesday 18th	Philosophy and Religion	Alka Walavalkar	Aneeta Malhotra
Thursday 20th	Book Discussion	Persis Vatcha	Mikki Hariani
Friday 21st	Cooking Swapshop	Vidya Srinivas Binaifer Hilloo	Parnika Khanna
Monday 24th	Performing Arts	Khushcheher "Khooshoo" Dallas	Indira Kilachand
Thursday 27th	Art and Handicrafts	Alisha Sadikot	Sarmaya Arts Foundation 2nd floor, 274, Dr Dadabhai Naoroji Rd., Kala Ghoda, Fort Mumbai 400001
Friday 28th	History and Culture	Kirtida Unwalla	Afghan Church Shahid Bhagat Singh Road Colaba, Mumbai 400005

From The Desk of The Presidents



The month of March marks the transition from winter to summer, bringing a change in temperature.

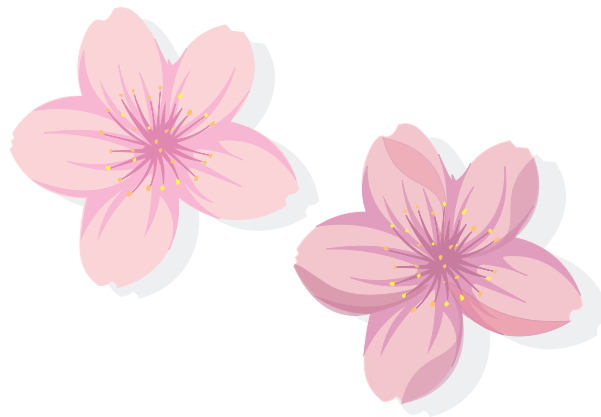
This month has many festivals like Holi, Gudi Padwa, Ugadi, etc. These festivals celebrate the coming of spring and a good harvest. The festivals are celebrated with colour and dancing. The VPs have therefore organised a “Phoolon ki Holi” on the 10th of March which will be a novel experience for a lot of us.

The Indus trippers have also returned from another successful trip, this time to the South of India and I am sure everyone will be regaled with their experiences in one of the upcoming meetings.

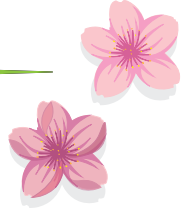
This is the last month to make up your meetings and participation so Ladies please do make sure your requirements are met!

Medha Chinai

Soledad Gramajo



Notice Board



Congratulations

Congratulations to our member **Rajyalakshmi Rao** who was honoured with an Award for outstanding contribution to social consciousness by the All India Foundation of Deaf Women.

Save the Date

Our Annual General Meeting will be on **Tuesday 22nd April**. All members should plan to attend. More details to come in the April newsletter.

Annual Membership Dues

All members, including **Active, Inactive, Seniors and Non-residents**, shall pay the annual membership fees of Rs 3,500/-.

Payments can only be made in cash or by cheque. Cheques should be made payable to INDUS INTERNATIONAL. No other modes of payments will be accepted.

The payments shall be accompanied by the New Membership/ Membership Renewal Form 2025-2026 duly filled. This form will be sent to the Members along with the notice of the Annual General Meeting (AGM). The payments can be made at the AGM or, thereafter but before **31st August 2025**, by sending the payment to the Treasurers.

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.





Congratulations to Ayesha Soonawalla!

Our very own member, graphic designer Ayesha Soonawalla, has been bringing her creativity and artistic expertise to Indus for over a decade. From designing our logo to creating numerous artworks, her dedication and keen attention to detail are evident in all her work.

Last summer, Ayesha visited New York and took on an inspiring personal project - she stood on-site at the Guggenheim Museum, sketching it from both inside and out. She shared her intricate illustrations on her Instagram account, @ayesonart. Six months later, in an exciting turn of events, the museum team discovered her work organically and reached out to feature her sketches on their Instagram page as part of #FrankLloydWrightFridays.

Ayesha, your passion and talent continue to inspire us all. Wishing you continued success and well-deserved recognition!

Explore Ayesha's creations on Instagram – follow @ayesonart and check out her incredible artwork on the Guggenheim Museum's Instagram page below!



Illustration of the exterior



The view and the sketchbook

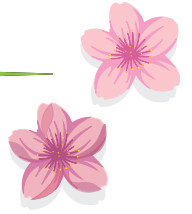


Illustration of the interior



The view and the sketchbook

Notice Board



Advisory Committee 2024-2025

- Kamal Mulla
- Rachel Bhot
- Annu Toshniwal

AdHoc Committee 2024-2025

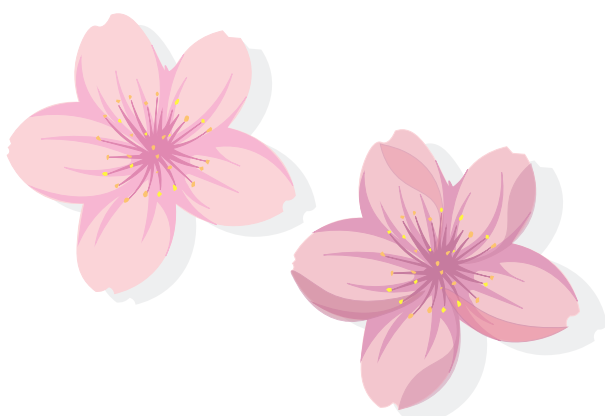
- Saroj Prakash, Founder Member
- Christina Mirani
- Pervin Poonawalla
- Tinu Shanghvi
- Sunita Khandelwal
- Surbhi Tanna
- Shireen Desai
- Ravit Kedem
- Nicola Gerber
- Nazneen Dubash
- Dolat Kotwal
- Medha Chinai
- Dinoo Prakash
- Elinor Mirza
- Annabel Mehta
- Soledad Gramajo
- Maya Merchant
- Sucharita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



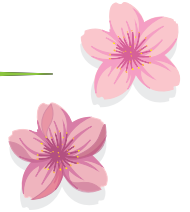


Notice Board

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**
- 

Notice Board



General Tips for all Members

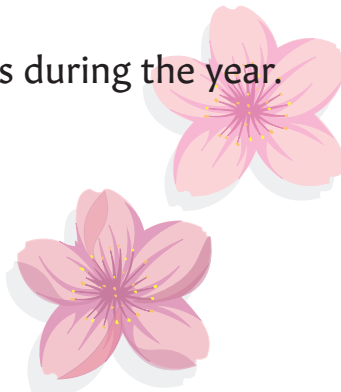
Attendance

- 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.





Notice Board

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.

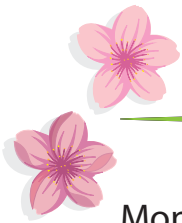
A few gentle reminders

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.**



Executive Meeting

Monday 3rd March

11:00 am – 12:00 pm

Residence of:

Kam Kang

Ladies, please email a copy of the blurb for your April meeting, latest by 10th March 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.

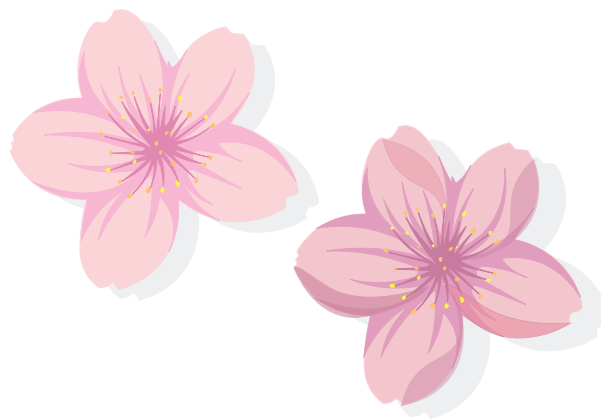
Please email your attendance sheet for each month to the Membership Treasurers, immediately after your meeting, on the emails given below.

chris.mirani@gmail.com

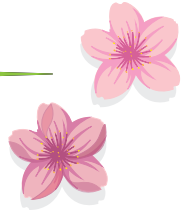
nicola@fusionstudio.eu

Anu Kedia

Juliana Ballard



Special Event



Tuesday 4th March

11:00 am – 12:15 pm

Residence of:

Anjali Mariwalla

No member limit, but no guests.

UNIFORM CIVIL CODE

The subject of a Uniform Civil Code has always sparked a spirited debate in India. As always, in Indus, we seek to inform ourselves of the facts before we debate and discuss. We invited eminent lawyer **Shobha Jagtiani** to talk to us on the subject.

Ms. Jagtiani is a Partner at D. M. Harish & Co. She specialises in taxation matters and advises on laws relating to marriage, inheritance & succession, property and dispute resolution.

She is concerned about Women's rights and has served as chairperson of the legal cell (ladies wing) of the Indian Merchants Chamber.

The talk will be followed by an interactive Q & A session.

Usha Jayaram



JOIN US FOR A MORNING OF

Phoolon ki Holi

Chants & Talk

BY

Nityanand Charan Das Prabhuji

*Spiritual Counsellor & Convenor
ISKON Chowpatty (South Mumbai)*

MARCH

MONDAY

10

AT 10:45 AM

ISKON TEMPLE BABULNATH, CHOWPATTY

Ladies please do not miss this incredible opportunity !

10:45 AM - Main Temple Darshan

11:00 AM - Chants & Talk by Prabhuji (BV Hall)

11:00 AM - followed by **Phoolon ki Holi**

12:15 AM - Vegetarian Lunch Buffet

Note: Rs. 1500 per head (Gpay 9820052468)

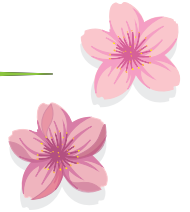
To Register Ila Kaji (9821036407)

To Register Anu Kedia (9821044588)

1st & 2nd March - 10:00am to 5:00pm (WhatsApp)



Health & Ecology



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

11:00 am – 12:15 pm

Zoom Meeting

**The link will be posted
on WhatsApp and
emailed prior to the
meeting**

Guests Welcome

UNDERSTAND THE GUT-BRAIN AXIS AND LEARN ABOUT GUT HEALTH

The health of the Gut is crucial for overall wellbeing, influencing everything from digestion to mental health due to the gut-brain axis. Understanding the gut's complexity reveals its critical role in not only digestion but in supporting health across various bodily systems.

Understanding gut function is crucial for managing health conditions related to digestion, absorption, immunity, and even mental health. The interplay between diet, gut microbiota and these functions highlight the importance of a balanced diet for maintaining gut health.

Ravi Shroff has a personal journey with his gut that inspired him to discover the power of the Microbiome. Over time and through his experiences, he learnt how to harness the Microbiome to improve his own health & overall his venture in gut Health. Two additional ventures in healthcare focusing on diagnostics & genomics over the last two years.

Ravi Shroff is a third-generation entrepreneur from the Excel group. He is currently Managing Director at Excel Industries Ltd., the flagship company of the group & one of India's oldest chemical manufacturing companies.

Pragati Gupta

Kam Kang





Music

Wednesday 12th March

11:00 am – 12:15 pm

Residence of:

Gita Purandare

Limit: 50 members

INDUS CHOIR ANNUAL CONCERT

We are delighted to invite you to the Indus Choir's Annual Concert featuring a diverse selection of musical pieces from around the world. This special morning will showcase incredible talent and celebrate the beauty of music across cultures and genres.

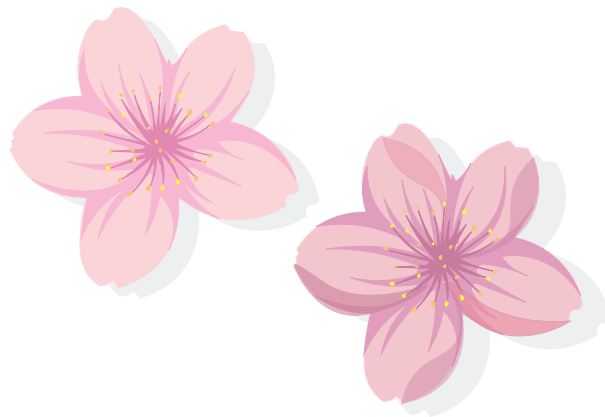
The Indus Choir will perform an Andrew Lloyd Webber medley with flavours of his most famous musicals and other lively, humorous numbers. The program also features instrumental and vocal duets, a hauntingly beautiful Māori song and a captivating performance of a traditional Japanese piece.

Join us for an uplifting morning filled with emotion, culture, and unforgettable performances.

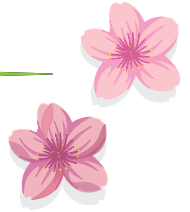
Register with Nandini Kilachand on 9820150433 by WhatsApp only on Thursday 6 March and Friday 7 March from 10 am to 4 pm. Please mention your full name and membership number.

Gita Purandare

Ferzana Khanna



Current Events



Monday, 17th March
(Please note change of date.)

11:00 am - 12:15 pm

Residence of:

Varsha Sethi

Limit 35 members

ESHA GUPTA ON ART, DESIGN INNOVATION, TRAVEL AND SOCIAL CHANGE

Esha Gupta is the Editor and Founder of Design Pataki, India's foremost digital design magazine focusing on luxury interiors, décor, lifestyle and art. As a noteworthy voice in the design world, she will explore the myriad ways in which art and design influence our daily lives. While the terms 'art' and 'design' are often used generically, Esha is here to challenge this notion, offering insight into how deeply these elements shape our environments, experiences, and identities. Through a captivating audio-visual journey, she will delve into the latest design trends, revealing how seamlessly art, architecture, and design are woven into the fabric of our lives.

Esha's visionary leadership has driven Design Pataki's digital growth through collaborations, media partnerships, and a strong social media following. A graduate of the Parsons School of Design, Esha has covered prestigious design events like the Milan Design Week, Maison Et Objet, Paris, Dubai Design Week and those in Frankfurt. Through her philanthropic Design Pataki Foundation, she has made art and design accessible, including rallying the design community to support rural areas during COVID-19 by raising 20 lakhs. Recently, she partnered with Rural Modern Glass and Dharavi Art Room to host a glass-blowing workshop with renowned artisan Matt Piepenbrok, offering their students unique craft insights.

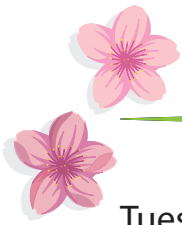
You can follow her journey on her Instagram handle @designpataki

Register on Thursday 13th March from 10 am to 4 pm with Jennifer Walker on Whatsapp +91 84240 90581.

Neelam Narayan

Barbara Halusa





Philosophy & Religion

Tuesday, 18th March

11:00 am to 12:15 pm

Residence of:

Aneeta Malhotra

(Please note there are 18 steps on an internal staircase.)

Guests Welcome.

THE PHILOSOPHY OF MENTAL, EMOTIONAL & PHYSICAL WELL-BEING: NAVIGATING THE INNER LANDSCAPE

Mental, emotional and physical health often exists in a space between visibility and silence.

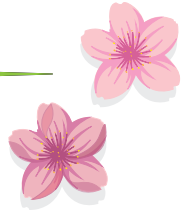
Although it is recognised, yet it is enveloped by social stigma. Understanding and healing require that we confront this silence with awareness. Health challenges are not mere medical conditions but are also deeply philosophical experiences, touching on the human questions of purpose, identity and connection.

Our speaker, Dr. Alka Walavalkar, is the Director of 'Resonance Wellness' and a leading expert in integrative health and medicine, with over two decades of experience as a clinical nutritionist and a nutrition scientist. A certified diabetes educator and Official Fit India Ambassador, she is dedicated to promoting holistic well-being through lifestyle interventions and intuitive living. Ladies, just come today, to learn and share her profound insights on improving your Mental, Emotional, and Physical Well-being.

Dr. Jeannie J. Madan

Benu Parkash

Book Discussion



Thursday 20th March

11:00 am – 12:15 pm

Residence of:

Mikki Hariani

Guests Welcome

SURPRISE TALK BY OUR VERY OWN MEMBER – MS PERSIS VATCHA

We have an exciting surprise in store! Our very own Persis Vatcha will be giving a special talk, and trust us—you won't want to miss it.

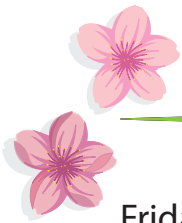
Persis, as we all know, is an incredibly learned, deeply experienced, and highly knowledgeable speaker, and this is a rare chance to hear from someone with such valuable insights. Whether you're looking for inspiration, fresh perspectives, or just a memorable experience, this talk promises to be something truly special.

Join us and be part of this exclusive morning!

Ayesha Soonawalla

Farah Raina





Cooking Swapshop

Friday 21st March
(Please note change of date.)

11:00 am -12:15 pm

Residence of:

Parnika Khanna



Limit : 30 Members

BAKLAVA.....ECLAIR....OR BOTH!

A baklava is perfect when it has a crispy flaky texture, a beautiful golden brown color, a balanced sweetness from the syrup, evenly distributed nuts and a rich buttery aroma.

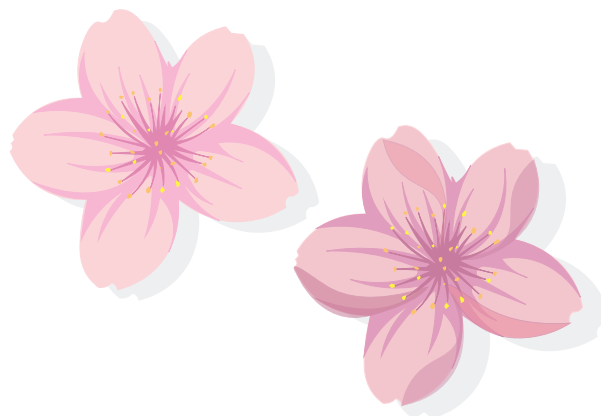
Eclairs are best when they are not too sweet and the choux is delicate chewy and tender.

Do join us to watch our very own Indus members **Vidya Srinivas** and Binaifer Hiloo make these delectable treats!

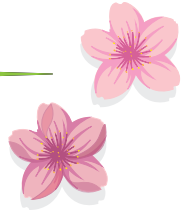
Register with **Harsha Shaparia** on 98211 13193 (call) on Friday 14th March between 2:00 pm and 5 pm .

Amita Sheth

Priya Mehta



Performing Arts



Monday 24th March
(Please note change of date.)

11:00 am - 12:15 pm

Residence of:

Indira Kilachand

Guests Welcome

THE BEAUTY OF BALLET

This session will provide a glimpse into the world of ballet, showcasing its rich history, timeless elegance, and evolving artistry. Presented by Khushcheher "Khooshoo" Dallas, the Director of The School of Classical Ballet and Western Dance, the event will include an engaging introduction to the art form, followed by a series of curated ballet pieces that demonstrate the versatility and beauty of this classical dance style.

Khooshoo Dallas will guide the audience through each performance, sharing valuable insights into its style, cultural significance, and place within the broader ballet repertoire. The programme will feature a diverse range of pieces, including classical ballet, an elegant waltz, character dances from the Royal Academy of Dance (RAD) syllabus, and a spirited tarantella.

Sheena Kataria

Gülçin K Örpe





Art & Handicrafts

Thursday 27th March
(Please note change in date.)

11:00 am – 12:15 pm

Venue:

Sarmaya Arts Foundation
2nd floor
274, Dr Dadabhai Naoroji Rd
Kala Ghoda, Fort
Mumbai 400 001



Please note there are 4-5 Steps to the Lift.

Limit: 25 members


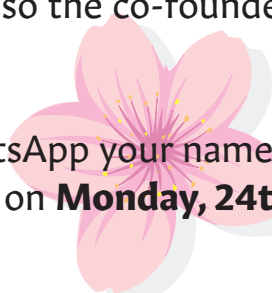
SARMAYA ARTS FOUNDATION: EXHIBIT WALKTHROUGH

Sarmaya's next show draws from a theme that is abundantly represented in their collection: nature. Beginning with the Tree of Life, whose branches weave through many different cultures, we explore the influence of the natural world on all human endeavors. Sarmaya's curation of modern and contemporary Indian art, indigenous traditions, and historical artifacts—such as rare coins—examines the role of nature in art, science, and spirituality.

Sarmaya Arts Foundation is a not-for-profit, curated repository of art, artifacts, and living traditions from the Indian subcontinent, run by the Sarmaya Trust. Founded by former IndusInd Bank COO Paul Abraham in 2015, Sarmaya is based in Mumbai, India.

Alisha Sadikot, Sarmaya's Head of Outreach and Events, will be our guide through the exhibit. She holds a Master's in History of Art from SOAS, London. She is also the co-founder of Art & Wonderment (formerly Art Walks Mumbai).

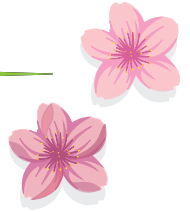
To register, WhatsApp your name and membership number to **Jyoti Jasani** at **98673 00071** on **Monday, 24th March** between **11:00 am and 2:00 pm**.



Nanda Madhavji

Kristin Mehta

History & Culture



Friday 28th March
(Please note change in date.)

11:00 a.m. – 12:15 p.m.

Venue:

Afghan Church
Shahid Bhagat Singh Road
Colaba
Mumbai 400 005

No member limit, but no guests.

AN ARCHITECTURAL AND HISTORICAL WALKTHROUGH OF THE AFGHAN CHURCH WITH NOTED ARCHITECT

Noted architect **Kirtida Unwalla** will take us on a walkthrough of the historic Afghan church. Join us in celebrating one year of the reopening of Colaba's Afghan Church, the 165-year-old war memorial, after a ₹14-crore renovation. The early Gothic heritage structure has now a new lease to life with revived stained glass windows. The east and west windows were designed by William Wailes, a nineteenth-century stained glass expert. A refreshed Porbunder limestone altar and polished brass memorial.

Architectural highlights to be noted on the visit are the :

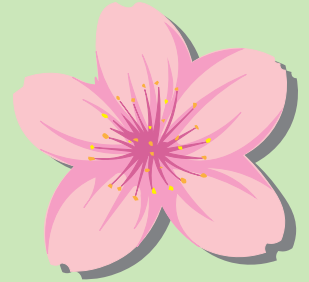
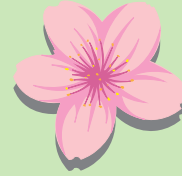
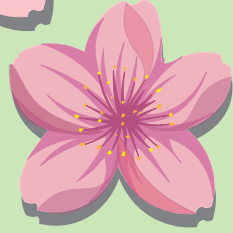
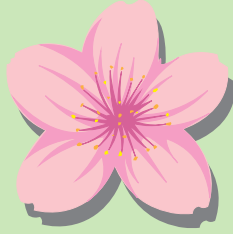
- The church is built in the Gothic Revival architectural style
- The roof is supported by hammer-beam trusses, which is a feature of Gothic architecture
- The church has Minton tile flooring imported from England
- Eight large bells in the bell tower came from the Taylor bellfoundry of England in 1904, and are acknowledged to be the best in western India. The tower and spire are 198 ft (60 m) high.

The foundation stone was laid in 1847 by Sir George Russell Clerk, the Governor of Bombay. Built in the memory of the soldiers who died in the Anglo-Afghan war,

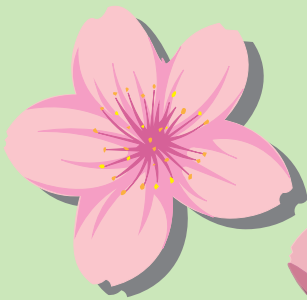
Varsha Sethi

Vinay Kumari Chopra





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