

WIC Newsletter: February 2021

President's Report

Dear Ladies

February is my favourite month of the year. Flowers are in full bloom in the circular roundabouts and along the roads of Delhi. The gardens are redolent with colour and bees buzzing around. Spring is the time of rebirth, of new beginnings and of inspiration. It adds new life and new beauty to all that is. The human soul is apt to revive as well. After the long months of isolation, it will be a relief to start meeting friends and family once everyone gets vaccinated.

February is also synonymous with Valentine's day and love. The supreme happiness of life consists in the conviction that one is loved. It is said that one should dream without fear and love without limits.

Last month we travelled through Gujarat with Smita Divan and visited Chidambaram with Lakshmi. The gardens of Japan were brought directly to us by Yuka. These virtual visits have left lasting memories with us.

This month Suneeta has arranged to take us to Jammu, Kashmir and Ladakh. We really do seem to be doing a lot of virtual travelling and seeing India through the eyes of experts. Leena's circle leaders have also been busy bringing us a host of varied programs. I look forward to meeting our good friend Ariane Gray Hubert straight from France.

Dr Shakuntala will be enlightening us on the COVID vaccines and the program on yoga will be navigating the four stages of a woman's life. Kashmiri shawls are dear to us and it will be good to get to know more about them.

Enjoy the good weather and the colours around you. Get rejuvenated, but most importantly, stay safe and healthy, my friends.

Anita Meattle
President

Executive Committee 2020-21

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Meet the Performing Arts Circle Organisers ...



Devika Anand



Rene Singh

GENERAL MEETING: 3pm, 17 February

"Jammu, Kashmir, and Ladakh: a paradise of unknown and unexplored treasures"



We all know about the couplet written by Firdaus about "Baroee Zamin", the paradise on earth and the wonders of nature in the region of Jammu, Kashmir, and Ladakh.

"Gar firdaus baroee zamin ast,

hami asto, hamin asto, hamin ast." "If there is a heaven on earth, it's here, it's here, it's here." Mughal Emperor Jehangir said it all when he visited Kashmir in the 17th century.

The region is a treasure trove of much more than most of us have seen in our visits to that part of India.



As February is the time of beautiful colours, soft, mellow emotions, and a whole range of sensations, we take you to the valleys, mountains and plateaus of these places that tell us interesting stories, rarely heard before.

To narrate the stories of this mystic region through her short films, we have for our General Meeting, **Aradhana Kohli Kapur**,

who has had over two decades of experience in social communication, making myriad programmes for organisations such as Doordarshan, UNICEF, British High Commission, and the Ministry of External Affairs, GOI.

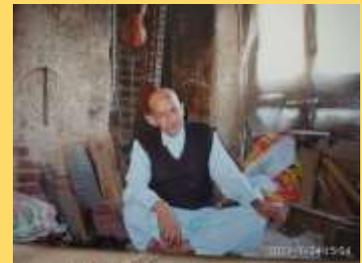


With a postgraduate degree in International Relations from Jawaharlal Nehru University and qualifications in film-making and mass communication from Jamia Millia Islamia, Aradhana has produced and directed film festivals, documentaries, television series, and films.



Women, children, contemporary history, culture, and the environment are recurring themes in her work. She is a member of the International Association of Women in Radio and TV, an NGO working with the UN Economic and Social Council.

Her films have been screened at Toronto, UK, and USA film festivals. Her film, *The Patent Stone*, won the Audience Award at the Himalayan Film Festival, Amsterdam.



Aradhana is the Executive Director of *Enable India* and *Ravison Films*.



Nominations for 2021-22 WIC Executive Committee

As the President, Anita Meattle, announce at the last General Meeting a Nominations Committee has now been appointed to prepare a ticket for the new Executive Committee. The committee members are:

Chairperson: Hemant Pasrich (Canada)

- Aruna Mehta (India)
- Bindu Talwar (India)
- Parbeen Kaur (India)
- Christine Samandari (France)
- Dominique Chorosz (France)
- Marcia Magiri Hermann (Brazil)

As per Article VI of the WIC Constitution the Chair is now calling for nominations for all positions on the Executive Committee. Members may nominate themselves or another member with that member's express permission.

All nominations should be sent by email to the Chairperson at: thestudy1972@yahoo.co.in

CIRCLE MEETINGS

Cultural Kaleidoscope: 11:00am, 4 February "Yoga in action: Navigating the 4 stages of a woman's life"



Geeta Iyengar, daughter of the redoubtable Yogacharya BKS Iyengar, was herself known as one of the foremost women practitioners and instructors of Yoga in India and internationally. In her Yoga, she maintained a pronounced focus on women's requirements based on the different stages of their lives. Geeta Iyengar's book, *A Gem for Women*, is considered a classic, with special instructions on Yoga Asanas to fit those different stages as well as being a handbook for Beginners.



Amina Sarkar Bharatram will guide us through Geeta Iyengar's mastery of Yoga in conversation and demonstration. A slipped disc in 2004 introduced Amina to the practice of Iyengar Yoga. It resonated with her because of its scientific approach, attention to alignment and methods of improvisation. In 2011 Amina received her teaching certificate from BKS Iyengar himself.

With Geetaji's blessings she opened Iyengar Yogamandala in 2016. Amina's passion and dedication to yoga comes through in the classes she teaches. Each class is unique and a fresh experience for her students. She aims to boost their confidence, take them out of their comfort zone and introduce them to advanced asanas.

Her classes are not just about the physical movements but also enriched with titbits of information on anatomy, benefits of various poses and guidance to students to encourage them to explore each pose for themselves based on their body.

As she says, "Yoga is not my life, my life is Yoga".



Circle Facilitators

ART & BEYOND

- Dominique Chorosz
- Smita Mankad
- Midori Suzuki

CULTURAL KALEIDOSCOPE

- Yuka Ando
- Sunaina Suneja
- Noor Anand Chawla

HEALTH & WELLNESS

- Ruchika Rajan
- Shakuntala Dawesar
- Ashima Singh Ghatate

PERFORMING ARTS

- Devika Anand
- Rene Singh

BOOK CLUB

Looking for members

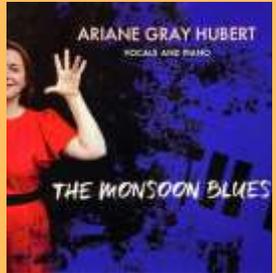
CULINARY TRAILS

Looking for members

Member's Choice: 3pm, 9 February "The Monsoon Blues - Ariane Gray Hubert"

This month's Member's Choice is courtesy of Anita Dua.

We will take you on a magical musical journey with French American, musician, composer and singer Ariane Gray Hubert. She is a dear friend to most of us. WIC was privileged to have Ariane as a member, while she was in Delhi. Now back in Paris, she has just launched her latest Album in December 2020 "*The Monsoon Blues*". It is a collection of nine new songs for voice and piano, presenting her lyrics in rare language including her imaginary alphabet.



Ariane will provide a symphony of energy, rhythm, and power as she shares extracts from her album. Particularly interesting is the number "*Valley of Kashmir*" as she pays touching tribute to the people of Kashmir, who mesmerised her.

A singer with a rich mezzo alto voice, a concert pianist, and a multi-faceted composer, Ariane Gray Hubert is a much-acclaimed artist. She has delighted audiences and critics world-wide with her performances, from vocal and piano solos to orchestras blending rare traditions of the world – that's her music.

As a soloist and with her artistic ensembles blending eastern and western traditions such as "*Ivre D'Amour*", "*Piano Rag(a) Time*" and "*Women achieving peace*", Ariane has received several international awards for her art.



Health & Wellbeing: 11:30am, 12 February

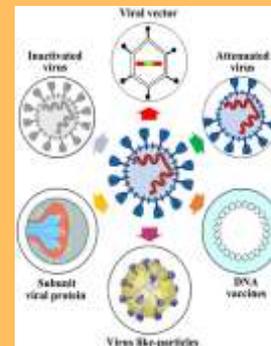
"Covid-19 Vaccines - What you need to know"



There is light at the end of the Covid-19 tunnel. After hibernating for the better part of 2020, meticulous handwashing, masks of all colours, social distancing, and WIC Zoom meetings the Covid-19 vaccine has finally arrived in 2021.

With the multiple vaccines in play, many questions arise, such as:

- How do they work?
- Which is the best?
- Should I get vaccinated?
- When will it be available?
- What are the side-effects?
- and many more ...



To shed light on the subject and answer all our queries we have **Dr Shakuntala Dawesar** one of our own WIC members giving a talk today. She has been closely following the scientific data and the updates via many CMEs regarding this topic.

Dr Dawesar graduated from AFMC [Armed Forces Medical College] Pune and trained in Safdarjung Hospital in Family Medicine. She counsels and has held many workshops on several topics. She has been recognised for her work for the Pulse Polio Immunisation Program and it is our privilege to have her give this talk.

Art & Beyond: 11:30am, 24 February

"The Journey of the Kashmir Shawl"



Aditi Desai's great knowledge and passion for the Kashmir shawl will inspire our members and continues nicely from our recent talk on the weaving of Pashmina carpets.

She has spent five decades studying, collecting, and documenting Kashmiri shawls and European cashmeres. An acknowledged authority on the subject, her efforts have focused on raising awareness of this incomparable textile art and craft and on the restoration of heirloom shawls.

Aditi has travelled extensively across the globe to major shawl centres in India, Iran, Syria, Egypt, Pakistan, Turkey, Russia, England, France, Spain, Netherlands, Portugal, Belgium and America, researching and building a collection of rare Indian and European cashmere shawls from collectors, auctions and flea markets. She has exhibited this collection and lectured publicly at various places including the Museum of Asian Art in San Francisco, The Cosmopolitan Club in New York, Indian National Trust for Art, Culture and Heritage (INTACH), India International Centre in New Delhi and the CSMVS (Prince of Wales Museum) in Mumbai, as well as at several private exhibitions for art galleries, embassies and cultural centres.



She has also created a platform for small-scale shawl craftsmen from Kashmir and Najibabad, curating exceptional shawl collections in different genres, and marketing these on her own or in partnership with retailers like Fabindia and Jaypore. Her endeavour is to create a one-stop space for shawlwalas, rafugars and shawl collectors to connect, and to share the beauty and magic of the Kashmir shawl with those who are interested in learning more about and supporting this most exquisite art and craft.

Three things you should do ...

1. RSVP for February meetings using this Doodle link: <https://doodle.com/poll/n5ziypewtz58br5p>
2. For any Hospitality issues (eg Doodle) contact Grace Kawakami (contact details on page 1).
3. On the date & time of the meeting click on the appropriate Zoom link below to join:

Yoga in Action – 11:00am Feb 4th

<https://us02web.zoom.us/j/88011867820>

Ariane Gray Hubert – 3pm Feb 9th

<https://us02web.zoom.us/j/82848499373>

Covid-19 Vaccines – 11:30am Feb 12th

<https://us02web.zoom.us/j/82663438862>

GM – Jammu, Kashmir & Ladakh – 3pm Feb 17th

<https://us02web.zoom.us/j/82876935829>

Kashmiri Shawls 11:30am Feb 24th

<https://us02web.zoom.us/j/83783942884>

Remember: meetings open 15 minutes early for socialising and if you cannot find the Zoom link, it is always re-posted on the WhatsApp group (WIC Announcements) on the day of the meeting.

Notices to Members

We were very sorry to hear of the passing of dear **Sheila Ghatate's** husband, lovingly called Appa, who was also **Ashima Singh's** father-in-law. He passed away on the morning of 24th January. Our thoughts and prayers are with the family of the departed. May his soul rest in peace.



Membership News

It gives us great pleasure to welcome 2 new members to our WIC family.

1. **Patricia Vrij** hails from Chile. She is widely travelled, having been posted to Belgium and France. Patricia is keenly interested in international relations, and passionate about reading, and literature. Its lovely to see her joining us regularly for our Circle and General meetings. Email: vpavrij@gmail.com Phone: +91 73032 85222
2. **Ekaterina Semenushkova** is from Russia. She is extremely interested in arranging cultural evenings, & discussions on famous Russian writers and the showcasing of Russian art and national costumes. We look forward to a glimpse of Russia from her at our club. Email: katemord@mail.ru Phone: +7 927 972-07-09

Serita Kakar
Membership

Things we can see on Zoom ...

For the General Meeting on Gujarat, it was nice to see the decor on Smita Divan's screen showing her home with beautiful Gujarati fabrics and artefacts. Also, it was refreshing to see Shanno ji in her beautiful ethnic shawls. Nayana too was in her perfect Gujarati bandhani look.

Calendar for February

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3	4 Cultural Kaleidoscope: Yoga in Action @11:00am	5	6
7	8	9 Member's Choice: Ariane Gray Hubert @3pm	10	11	12 Health & Wellness: Covid-19 Vaccines @ 11:30am	13
14	15	16	17 General Meeting: Jammu, Kashmir & Ladakh @ 3pm	18	19	20
21	22	23	24 Art & Beyond: Journey of the Kashmir Shawl @11:30am	25	26	27
28						