

WOMEN'S INTERNATIONAL CLUB

January 2019

<https://wicdelhi.wordpress.com/>



From The President's Desk...

Dear Friends,

As we bid farewell to the year gone by and look ahead to a fresh New Year, let us do so with positivity, anticipation of good things to come and resolve to make it happen.

Time is so precious—every moment gone by never returns. There is never a recall and never an overdraft. What we have is this moment. So make the most of it by encashing on that very moment. Welcome the year 2019 with a smile, and better still a hearty laugh.

And let us all walk that extra mile with hands stretched out in friendship, peace and happiness and make the world wonderful and better for our inheritors.

Our motto at the beginning of the year was to bring in more 'Vibrance, pride and participation.' I am pleased to say that all of us are living up to it. At mid-way of WIC's Calendar year, our resolve is to continue to do so and even one better. Enjoy the General Meetings, the Circle programmes and above all ladies make the best of what life has to offer.

Here's ringing in the next 365 days with cheer. I wish you all, on behalf of the Executive Committee and on my own, a Happy New Year – one of good health, prosperity and plenty of cheer!

Renu Mehra

Executive Committee Members 2018-19

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General Meeting

Romani Rhapsody

--- an illustrated talk by Punita G Singh, PhD



Enigmatic, enduring, endearing --- the Roma and Sinti form the largest ethnic minority in Europe, a diaspora of Indian origin with broken links across space and time. More than a millennium later, traces of Indianness remain, most notably in their language, music and some cultural traditions.

In this presentation, Dr Punita Singh shares experiences and insights gained from close interaction with Romani communities across the world, with a special focus on what is loosely called 'gypsy music'. She will present an overview of diverse genres and explore the hybridity of the music, the India connection and influence on western classical composers.

Like the people it is associated with, 'gypsy music' defies being confined within bounds, yet is compelled to adapt to survive. Absorptive yet insular, it manages to retain its ornamental signature, virtuosity and quintessence.

Punita is a musicologist, linguist, editor, writer, educator and communication consultant based in New Delhi.

Date: Wednesday, 9th January

Venue: Residence of Dr. Kusum Ansal,
26, Feroze Shah Road, New Delhi - 110001

Time: 3.00 pm

The Arts

The Culture of the Punjab

The term 'Punjabi' can mean both a person who lives in Punjab and also a speaker of the Punjabi language. This name originates from the Persian language 'panj', (five), and 'ab', (water). Combined together the word becomes Panjab or Punjab: land of the five rivers.

Punjabi Festivals

Punjabi festivals are various festive celebrations observed by Punjabis in Pakistan, India and the diaspora Punjabi community found worldwide and the Punjabi Sikhs and Hindus observe historic festivals such as *Lohri*, *Basant* and *Baisakhi* as seasonal festivals.

LOHRI

is a popular winter time Punjabi folk festival. The significance and legends about the festival are many and these link the festival to the Punjab region.



VAISAKHI

marks the Sikh New Year.

There will be live demonstration. Come one and all and join in the various celebrations of Punjab and learn about its rich heritage.



Date : Tuesday, 15th January

Venue : Residence of Sohinder Nabha
10-A, Kasturba Gandhi Marg
New Delhi-110001

Time : 3.00 pm

Limit: 30

World Panorama



AROUND THE DES by Anu PD - Styling Workshop

The takeaways here are--

It is possible to break your comfort zone and tell your story with new styling!

It is possible to discover newness and revive and revamp your wardrobe!

Around the Des by Anu PD

*Versatile Saree for Versatile Women--
Ways To Style Your Saree: *

This will take the participants through a session of --

- Various Styling Looks beyond the traditional blouse
- Coordinating the drape with Anu PD's patented #VersatileGarments
- Rolling Mike-- Asking participants to relate their experiences in brief

Date: Tuesday, 18th January

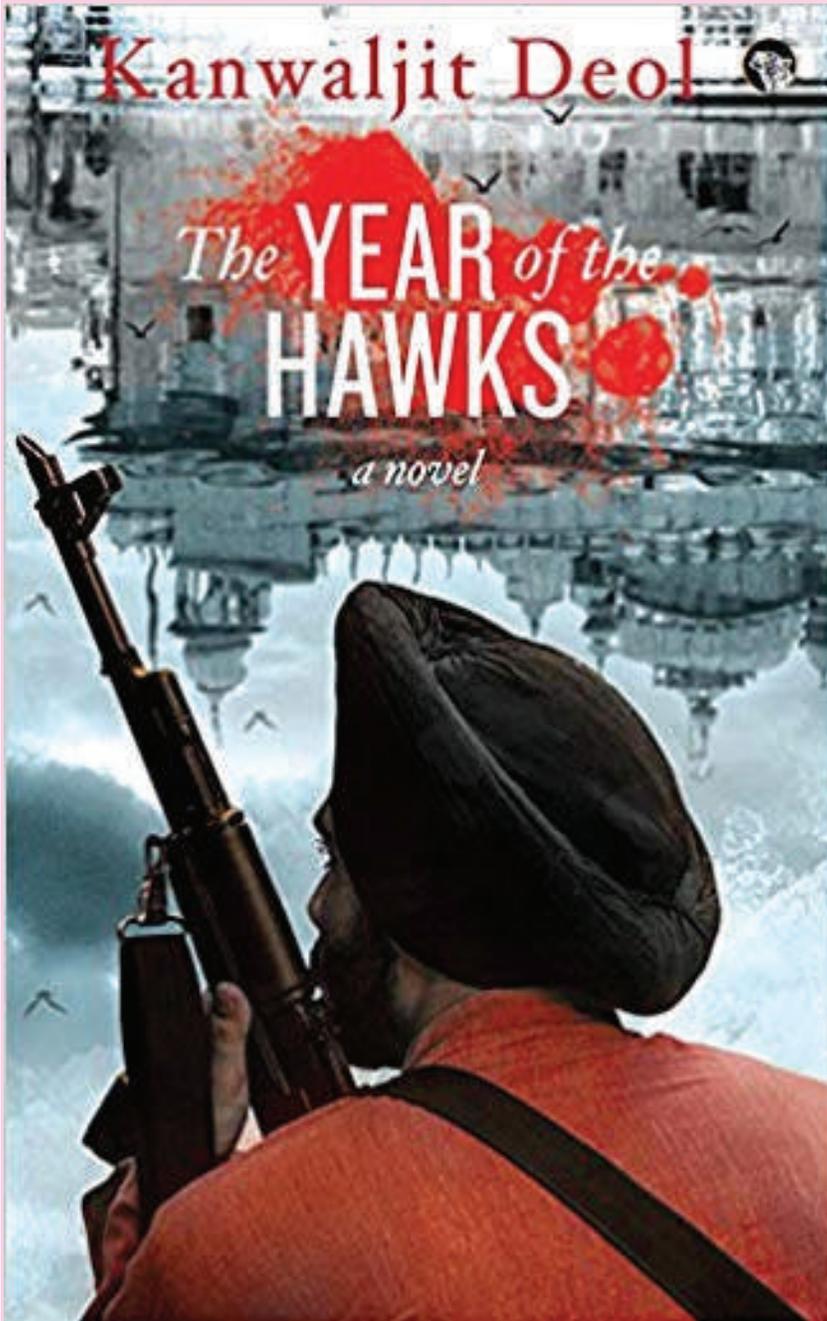
Venue: Anita Dua Residence,
B-3, Defence Colony
New Delhi-110024

Time: 11.30 am

Limit: 25

Book Club

“The Year Of The Hawks”



The early 1980s: A fiery preacher has outgrown his mentors and is raising an army of radicalized young men across Punjab. In Moranwale village, young Fareed is emerging from adolescence, uncertain about his future in an increasingly divided and violent society, where neither love nor hope can survive. In Delhi, Sikand, a journalist approaching middle age, struggles to keep a grip on his life even as news from the land of his ancestors becomes alarming.

As terror spreads through Punjab, Fareed and Sikand find themselves in the Golden Temple in Amritsar, among armed men primed for a holy war. The two men are on opposite sides—one has joined the militants; the other will take no sides. But after the Indian Army storms the holiest shrine of the Sikhs, their fates are entwined, perhaps for a lifetime.

Kanwaljit Deol's gripping debut novel is a work of rare power, sophistication and intensely human, and she will take us down memory lane.

Kanwaljit Deol joined the Indian Police Service (IPS) after an MSc in Physics from Punjab University. She has served in Goa, Delhi and Arunachal Pradesh, among other places. She was also on deputation with the National Human Rights Commission (NHRC). Her previous books include *101 Tips to Survive the City*.

Date : Tuesday, 22nd January

Venue : Aruna Mehta's Home, D-18, (1st Floor)
Maharani Bagh, New Delhi-110065

Time : 3.00 pm

Limit : 20 ladies

Body & Soul

With advances in the field of Medicine and treatment modalities, human life span has significantly increased. Technology and Science have enabled us to create and afford more luxuries and, time saving devices have changed the way we eat and live.

Changes in life style have thrown up new challenges and new health related disorders. More and more people are being diagnosed with allergies, metabolic syndrome and auto-immune disorders. Can some of these diseases be prevented? What precautions can one take to ensure a healthier life? Is it harmful to use Microwave for cooking? Does one need food supplements? Why does one get a backache even when one does not get injured or hurt? How can one improve one's posture? Are mammograms necessary routinely to rule out cancer? Does a decline in memory mean that Alzheimer's is on it's way?



All these and any other queries related to health and Medicine will be answered by an eminent Internist, Dr. Tarun Sahni of Apollo Hospital. So do come with your questions and be prepared for an interesting afternoon of dispelling myths and getting medical information from an expert in the field. Dr. Shakuntala Dawesar will moderate the interactive session.

Date: Wednesday, 23rd January

Venue: Residence of Nandini Pattani, 50 Anand Lok, New Delhi-49

Time: 3.00 pm

Max: 25

Indian Heritage & Sights

This month keeping our Indian heritage in mind we decided to do something unusual---studying the beautiful trees at Sunder nursery.

Sunder Nursery is open to the public as a heritage park. It is a treat for nature lovers & heritage enthusiasts. The nursery was renovated by Aga Khan trust to showcase the flora & fauna. It has over 300 tree species not found elsewhere in Delhi. There are 15 mughal monuments within the nursery.

Kavita Prakash conducts "The sausage tree nature walks" in Delhi. These walks found a genesis in her inherent love for nature that over the decades has evolved into a passion for trees. She conducted her first walk in Friends Colony WEST on 5th June 2013 on the World Environment Day. She has done over 50 walks at Lodhi gardens, Nehru Park, Teen Murti Bhawan, Sukhana Lake (Chandigarh) etc. She has been a walk leader for the Delhi walk festivals. Her walks have seen a participation of 300 plus people with age groups from 4 to 93 years and from different cross sections of the society.

The walk offers an assured return - Each participant steps steps one notch higher in his connect with natures bounty.

Contact: Anushree Mahajan @ 9818249594
Parbeen Kaur @ 9810625869
Bubbles Suneja @ 9810003354

Date: Thursday, 24th January

Venue: Sunder Nursery, Nizamuddin

Time: 11.00 am

Price: Rs 600/- per person



Culinary Trails

Guppy by ai, the contemporary Japanese bar and kitchen.....A rare restaurant in the heart of Delhi that has always piqued the interest of people. Anime theme decor makes for a refreshing change. The ambience of the restaurant is quirky, vibrant and eye catching.



At the helm of Guppy is award winning Chef Vikram Khatri who believes in freshness, hygiene and technique. His offerings at Guppy are inspired by Japan with bold prominent flavours. You can taste the spicy, the tangy and the exotic all in one bite.

Date: Wednesday, 30th January

Venue: Guppy by ai, 28 Lodhi Market

Time: 12.30 pm

Cost: Rs 1300 to Rs 1500 per person approx (keep in mind that Japanese food is pricey because of the ingredients)

Notice Board

Sad News: Our member Nandita Lahiri lost her son Pratap Lahiri on 20 November. We pray to the almighty to give her strength to overcome her grief and loss.

Requests from members: The Executive Committee has recently been getting a number of requests from members to share details of exhibitions, fairs and charity programmes etc with the WIC members. The matter was debated and the committee felt it was best not to involve the Club as there would be a thin line between giving out information and promotion and steer clear from any controversy.

Membership Fees: Following the Executive Committee reminder to all members to clear their fees by 15 November as per the Constitution, it has been found that some members have still not done so. Given the powers under the Constitution to the Executive Committee to review, it has been decided that the members, have the last opportunity to clear their fees by 31st December 2018, failing which they shall lose their membership, as per the Constitution. We therefore request these members to do so urgently.

RSVP: <https://doodle.com/poll/m3tcnzheuppu4732> or email; stevieclayton174@gmail.com or sms to: 8826049651

January 2019

RSVP at doodle link: <https://doodle.com/poll/m3tcmzheuppu4732>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9 General Meeting 3.00 pm	10	11	12
13	14	15 The Arts 3.00 pm	16		18 World Panorama 11.30 am	19
20	21	22 Book Club 3.00 pm	23 Body & Soul 3.00 pm	24 Indian Heritage & Sights 11.00 am	25	26
27	28	29	30 Culinary Trails 12.30 pm	31		