
INDIAN WOMEN'S ASSOCIATION

JAKARTA

Email: iwajkt@yahoo.co.in

NEWSLETTER – JULY 2010

Our Patron - Mrs. Rukmani Nanda

Our Committee Members of 2010 and their Contact Numbers:-

PRESIDENT

Gopi Panjabi 3145959

SECRETARY

Jaya Fulwani 6509494
Nimita Lalwani 4256506

VICE PRESIDENT

Suchita Mukhi 4252390

SOCIAL WELFARE

Sonal Sadarangani 65833885
Rekha Adnani 6512380

TREASURER

Laju Lakhiani 6519018

WAYS & MEANS

Kavita Mahtani 3908338
Aparna Narang 31930407

ASST. TREASURER

Priya Chandiramani 6522048

SCHOLARSHIP

Suneeta Badam 65867118
Vijaya Birla 42804407
Archana Agrawal 3900127

ENTERTAINMENT

Bina Jaswani 65838119
Meenu Harjani 65831050
Kumkum Saran 31930039

Hello Dear Members,

Our Iwa gathering in the month of June at Jaya Fulwani's residence was indeed a very educative one. Our guest speaker for the gathering was Geeta Seth - a Dietician and Nutritionist originating



from Indore. Geeta Seth now residing in Jakarta is a gold medalist nutritional science post graduate degree holder with many years of experience both abroad and within India. She spoke on 'Nutrition - the Gateway to a Healthy Living'. discussing issues on hair care, preventing osteoporosis, lowering cholesterol, dealing with rheumatism and managing diabetics. She also distributed handouts which were particularly very interesting and general information related to our daily lives. Those who need guidelines which are tailored to one's respective health needs, may contact Geeta Seth for your personalised

consultation at geetaglobal@hotmail.com. We sincerely thank Geeta Seth for her time and efforts and for those who missed it, we will definitely have another interesting session with her soon so dear members, do watch out for it.

Birthdays:

Our sincere and heartiest birthday wishes are with Anjali Bidani, Aruna Harjani, Beena Punjabi, Bharti Mirpuri, Bimla Agrawal, Jayshree Tejoomall, Laju Harilela, Madhu Agarwal, Meenu Harjani, Poonam Sagar, Priya Chandiramani, Rajni Ghansham, Rani Jagtiani, Suneeta Badam & Varkha Mahtani whose birthdays fall in this month (July). We also wish Sanam Mahtani belated birthday wishes. May God grant you all with abundant blessings.

About our next meeting:

Dear Members, our next gathering of Iwa brings forth - "*Khana Pakana Khazana*" - indeed a variation from the usual. Three different culinary experts - Kusum Tapria and Vijayalaxmi Birla will be demonstrating the Jodhpuri cuisine while Henna Aswani will demonstrate her signature specialty - the Lucknowi Chat. Lets enjoy learning these Indian culinaries and relish eating them too in this month of July. You may please bring family and friends along so we can all learn and enjoy these delicacies together. Kindly take note of the meeting details as follows:

Date : Tuesday, July 13th ,2010TIME : 10.30AM ONWARDS

Venue: SADHU VASWANI CENTER,

JL DANAU INDAH BARAT 1, BLOK E3 No. 16, SUNTER PODOMORO, TEL: 6583-3241

Announcements:

THE INDIAN WOMENS ASSOCIATION INTERNATIONAL CHARITY BAZAAR 2010 IS BACK

The Bazaar Will Be Held On: **Wednesday, 18th August 2010**, Time 9.00 AM To 6.00 PM
Hotel Four Seasons - Ballroom, Jl. H.R.Rasuna Said, Kuningan, Jakarta Selatan.

Please come With Your Family & Friends For An Exclusive Shopping Experience Under One Roof. We have 200 Vendors Selling Products From Various Countries like India, Indonesia, China, Thailand, Vietnam, Hongkong. Products On Sale: Fashion Accessories, Hand Bag, Jewellery, Shawls, Clothing, Household items, Decorative items, Handicrafts and Many Other Products.

Condolences:

- Our heartfelt condolences are with our Patron Mrs. Rukmani Nanda and our member Harsha Metha on the sad demise of their respective father- in -laws, recently in India.

~From the Secretary's desk~