



IWA DHWANI

Indian Women's Association

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Sounds of IWA, Singapore



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LETTER FROM THE PRESIDENT

Dear Friends,

As I put my pen to paper today, I feel honoured and humbled to serve IWA as its President. I extend my heartfelt gratitude to the IWA family for believing in my team and our ability to serve you and the community at large. The excellent work done by the past presidents and their teams has left an abiding impression. This will be a fitting tribute to the legacy they have created and will help create new footprints.

My vision for 2019 is to “Be the change you wish to see” (Mahatma Gandhi). As I reflect upon the last 55 days since the new committee was set up, I realise that this role gives me an opportunity to give back in a big way, based on my personal growth over the years, and to embrace new horizons in a diverse environment.

I am committed to giving my best and introducing fresh perspectives to the organisation, with a strong belief in leading by example. I prefer to walk together with others rather than being at the forefront. The challenge for the new team is to think in untried ways and see the magic unfold right here (haven't we seen some glimpses!).

Our key focus this year is to curate events for the members that will enable them to learn new skills while having fun and feeling a sense of belonging, in line with the spirit of IWA. We also plan to work to further the empowerment and agency of women.

Let's serve together and leave a lasting impression on the Singapore volunteering map, perhaps expanding it even further. We are proud of our long-standing outreach partners - SWAMI Home, BSS, HOME and TWC2. We will continue to foster the association and work on new projects, to create meaningful impact. We are also on the lookout for new partnerships where we can make a difference.

The newly introduced buddy system has become an instant hit, enabling us to gain valuable insights into the expectations of members, as well as providing much-needed confidence to some, and forming long-lasting friendships for others. The new members

are now comfortable to walk into any IWA event, as they are sure of finding friends.

The media privileges and entrepreneur club have merged recently, to form the P&E Club. Our privilege partners, who are often budding or established entrepreneurs, can showcase their offerings through the new club. We intend for this to become a powerful medium for providing privileges to the IWA members, and for the entrepreneurs to grow their reach and hence their business.

The membership lunch was an event “through the lens of the members” where the members took centre stage and introduced the clubs from their own experiences. The audience enjoyed hearing the perspectives of peers. IWA is our forum, and events like these enhance our feeling of being connected to one another.

The plans for the rest of the year are to organise a Services Bazaar, as well as an iconic event to commemorate the Bicentennial of modern Singapore. We have made a small beginning by participating in the Harmony Extravaganza organised by the National Integration Council of Singapore.

We would love to hear back from our members who are not very active in the clubs to write back or call us with feedback on how IWA can encourage them to be more participative partners and to enrich us with the talent and skills that we are probably missing out on!

To quote Mother Teresa: “It's not how much we give but how much love we put into giving”.

Waiting to see you at the IWA Summer Bazaar on April 30 at Suntec!

Celebrating ourselves,
Yours truly
Anu

FRONT COVER

The Crimson Sunbird

In 2015, the Nature Society of Singapore announced the Crimson Sunbird (*Aethopyga siparaja*) to be Singapore's national bird. It is said that this brightly coloured small bird belonging to the sunbird family was named by Sir Stamford Raffles, the founder of modern Singapore. The red-breasted and blue-crowned (male) Crimson Sunbird and its somewhat plainer female counterpart, feed on both nectar and insects and can be found in the Little Red Dot's mangroves, gardens, and parks. The Crimson Sunbird is a fast flyer that hovers in front of flowers for nectar just like a hummingbird, and has a loud chirpy trill.

Meena Vathyam is a writer and photographer currently based in Singapore. She took this photograph in the Singapore Botanic Gardens with a Nikon D7200 Sigma 150-500mm lens.



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FROM THE EDITORIAL TEAM

Dear Readers,

The Little Red Dot is marking the bicentennial year of Raffles' landing. Sir Stamford Raffles landed on this island in 1819 and set it up as a free port for the British East India Company. Sidestepping all the controversies surrounding Raffles today, we at Dhwani have decided to keep the spotlight on Singapore. As a nod to Sir Raffles, our cover picture is of Singapore's national bird, the Crimson Sunbird which was first named by him in 1822.

As you turn the pages of this edition, apart from our regular news, you will read about all the small ways in which we have connected with this city state, contributing to the society we have adopted and which has embraced us in turn.

The phrase 'Giving Back' already holds an inherent sense of 'having received,' and we are but sharing a small fraction of that bounty when we talk about giving.

IWA helps many of us give more meaningfully through its I-Care and AOK projects, working with the elderly, disadvantaged children, migrant and domestic workers, and many others to whom we can lend a helping hand or bring some joy.

As individuals, everyone gives in his or her own way. The active Community Centre grassroots worker and the grassroots leader who volunteer their time and energy to organise community events, the yoga teacher who volunteers to keep her community fit, the many artists whose passion for art ends up helping various groups, the lecturer who volunteers her time by lecturing to the docent community through Friends of the Museums, the interpreter whose language skills help a migrant worker feel comfortable to tell his story... There are so many inspiring stories here. We hope, you too, will be inspired to do your bit.

We would love to hear from you, so please send your poems, articles, artwork, or comments to editor@iwasingapore.org .



Sukanya Pushkarna (Editor), Hetal Shah (Sub-editor)
Bhanu Ramchandran, Tara Dhar Hasnain
Priya G Aditya, Bageshree Kulkarni,
Azeena Badarudeen



TO SINGAPORE WITH *Love*

The following essays are written by our members on the theme of volunteering and giving back to Singapore

Learn to Give

There is so much to learn from the young. They are so involved in reaching out and giving back to society. They teach willing learners, help in activities that feed the hungry, and bring cheer to those in need through music, dance and creative work. There are ever so many options to share the blessings that have come your way. The youngsters are doing it with an awareness to make a difference where they can.

Science teaches us that every action has a reaction, equal in magnitude, in the opposite direction. Ethics tells us that every privilege carries a tremendous responsibility. Nature says, wordlessly, that to keep the flow of abundance in creation, you need to readily give, even as you so generously receive! In giving, you indeed receive.

As a child, you are showered with love and care and in return, you give joy to your parents. As a youngster, you share health to physically help others, share knowledge, share food and fun-times... As you grow older, please give your time to listen and lighten burdens. At any given moment, where there is a need, give - or at least share. A smile or a kind word can go a long way.

Give, even more than you ever receive!

.....
Hyma Padmanabhan loves books, saris, travel and to sit in the malls and watch people!



Giving Back

Writing about giving back to Singapore took some reflection, because usually I focus more on what we enjoy about living here, and how much this country does for us.

We chose to give up long-term residence in the US and opted to set up home in Singapore, and over time, I came to see it in more depth, and to notice needs. This contrasted with our short stint here in the 80's when I regarded it as just a very prosperous country.

My major and continuing contributions are in the literary and heritage fields. I exclude teaching at SMU, or editing books, as these are paid jobs! I have been a long-term volunteer for over 10 years with " Friends of the Museums" (FOM).

Both as a book editor and literary enthusiast I got very involved in promoting SingLit, because I believe that Singapore writing has great quality. Yet even a decade ago, it was mostly sidelined by the teaching/literary establishments, as well as by bookstores, and often relegated to a small shelf in obscure areas under "local" writing.

Due to my work as a book editor with Marshall Cavendish, I got to make friends with various well-known Singapore writers and connected them with first-time writers whom I also introduced to the Book Council, the NAC, SingLit Station, and various other resources here. The annual Singapore Writers Festival also enabled me to meet many talented writers. In IWA itself, I started a Writing Enthusiasts' Club which produced a lot of talent and gave many the confidence to write and publish.

FOM, however remains my first love for volunteering. I always loved history and heritage and was distressed that many people regarded Singapore as not of interest in these two areas, looking at it just as a young country, ignoring its heritage.

I have been actively involved in many of FOM's programmes and events. Over the years, I have given talks on heritage subjects, on Buddhism, and led walkthroughs in museums for docent trainees. These then helped visitors to understand and connect better with what they see there. I often research and write articles for our bi-monthly magazine called Passage.

Another very different initiative stemmed from my appreciation of Singapore's "Greening" programme, operated through its National Parks. In 2010 we sponsored a tree planting and went to the lovely Sembawang Park to plant the sapling. Whenever we visit the park, we feel especially happy to see "our" little tree growing apace, adding to the country's famed green cover.

There is a lot more I would like to do on an ongoing basis, especially utilizing my specialised English skills, perhaps helping lagging schoolchildren with homework. But whatever I do currently brings me great satisfaction and pleasure, in sharing my knowledge and skills.

.....
Tara Dhar Hasnain, a long-time university teacher, currently edits books, both for Marshall Cavendish Publishers and independently. She has volunteered all her adult life.



Merdeka Girl

With a sharp eye on the tea leaves that settled at the bottom of the mug, Ashna mentally crafted the reply email she was to send to the angry parent of a pupil at the kindergarten she headed. After checking these two items off her to-do list, Ashna called out to her daughter, Priya, who reluctantly stirred from her sleep. Twenty eight and still undecided about her future, Priya had asked her mother if she could tag along to the post-graduate fair later that afternoon.

As she peered into the mug through her gold-rimmed Ray-Ban glasses that sat precariously on her aquiline nose, Ashna's phone rang, "Mol, please don't forget to get me my insulin"

It was her mother, dear old mother, who got married at 15 to a match made by her parents, but insisted on educating Ashna and her three older sisters till tertiary level and allowing them to marry only after all four had been gainfully employed. At 85, Mother found joy in taking turns to be hosted by her four daughters, children of the Merdeka generation, but only with Ashna did she feel comfortable about making requests.

Just as Ashna disconnected the call from her mother, her phone lit up again. This time it was a message from Alan, the Merdeka boy who stole her heart 35 years ago, and kept his promise to stand by her side through the peaks and troughs of life.

"Happy 34th Anniversary, Ashna! Can't wait to see you when I touch down at Changi Airport in a while! The most selfless individual in my life, the best mother Priya could get and the most filial daughter to Mamma, I would do anything to spend another lifetime with you!"

Ashna blushed – only Alan could cause this to happen. As her thoughts drifted to her wedding day in March 1985, her phone buzzed again. This time it was a post in the Whatsapp group which had reunited the infamous giggling girls of 4C from the Class of 1974 at Queen Mary's Girls High.

"No species as rare as the Merdeka Generation. The perfect blend of East meets West. Steeped in values yet open to new ideas. Now, well into her 60s but still the primary caregiver to her even older parents, and beacons for our lost millennial children. Nothing sparks more joy than serving and loving those around us."

With a warm smile washing over her face, Ashna entered her room, ready to take on a new day and energise herself by simply giving back.

Azeena Badarudeen is an experienced educator who has been an IWA member since 2015. She enjoys writing and travelling and on rainy days, a cup of masala chai and a good book are her favourite companions.



Project Smile and Me

I have been a member of IWA for the last one and a half years. I volunteer with an organisation called 'Project Smile', where we empower socially disadvantaged women by helping them to achieve financial self-sufficiency. Project Smile trains underprivileged women in skills like sewing and art. It also gives them emotional support. As a volunteer, I do a host of activities, from setting up workshops, to assisting with logistics. The workshops for the beneficiaries of Project Smile are essentially skill-based, where they make creative products. As volunteers, we set up stalls at events to sell the products.

It has been about nine years since our family moved to Singapore. With a young daughter at home, I never got the opportunity to take up a job or expand my interests beyond home. However, as my daughter grew up and I was in a position to step out of the house, I started looking for more effective ways to contribute to society.

In all honesty, I was surprised to find that whilst I considered Singapore to be a developed country, there were many

sectors where help was required, as in the case of socially disadvantaged sections of the society. These included working in kitchens at old-age homes to working with differently-abled children. I am glad to say that I have been able to contribute my time to those who really needed it.

I am very passionate about empowering underprivileged women and my contribution towards it over the last couple of years has proven to be very rewarding. Not only have I felt the satisfaction of helping people in need, I have also made some true friends, who will surely remain with me forever.

Puja Velankar has been in Singapore for the last 10 years. She loves to volunteer with various organizations to contribute to the community. She looks forward to making new friends and has a liking for painting and music.



My Personal Journey with Jewellery

In our lives where most of us are blessed with reasonable levels of comfort, peace, and fulfilment, situations sometimes arise when you are made to acknowledge that your complacency is a convenient illusion. I truly believe that we are shaken and woken up and at times forced to examine our lives and our purpose, and this can manifest in different ways for different people.

A time like this in 2008 made me look inwards and closely examine many of the tenets I had been living with most of my life, many of them convenient because I did not wish to examine them deeply. Emerging from this difficult period in my life and after much reflection, searching and finding comfort in many areas I would not have previously thought I would, beading and crafting jewellery, introduced to me by two dear friends, brought me peace and joy in ways that I had never experienced before.

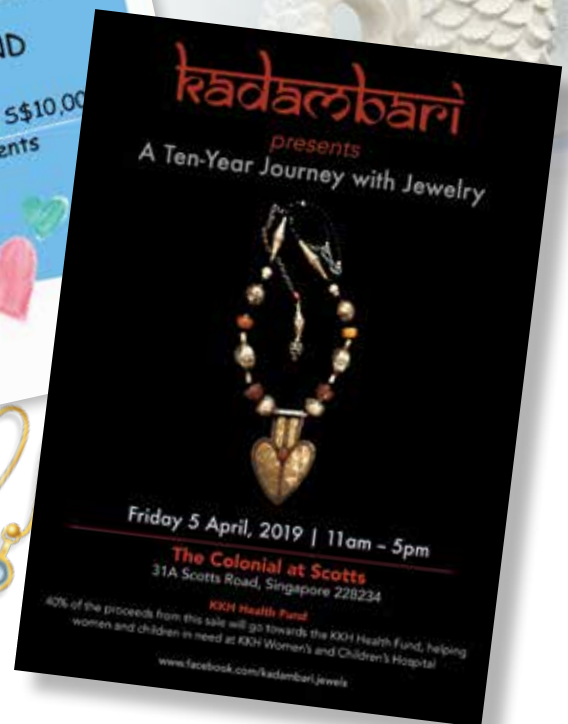
Having always had a deep interest in the histories of people, having studied it and taught it for many years, set me off on a quest for old jewels from old civilizations and a study of the stories they told.

To bring new life into these beautifully crafted pieces of jewellery from a bygone era, to make them contemporary and wearable for the modern woman, yet retaining their intrinsic cultural significance is what keeps me constantly challenged, yet completely immersed, in crafting these pieces of beautiful jewellery.

I feel they have spent long years lying in wait for me to pick them up and dress them in the lovely colours that nature has endowed in gemstones and other natural materials.

Natural stones have energies that enhance, energise and often bring tranquility when worn. Different stones have differing properties and suit different temperaments, and often also bring healing.

I feel a personal connection with every piece I make and it is important that the people who wear my jewellery feel the



same. I have received so much from the work, that I have always felt the need to give back to the communities I live with. Abundance must flow through and be shared, otherwise it ceases to be of any value. Sales of Kadambari jewellery have always supported charities working with disabled and disadvantaged women and children.

Kadambari jewellery supports charities in Sri Lanka, India and Africa, and the KK Women's and Children's Hospital in Singapore.

Rashantha Devanesan is a jewellery designer and crafter, founder/owner of Kadambari jewels, a wife, and mother to two children and a dog.



Giving in Singapore

Trailing spouses have their unique share of life experiences - particularly the need to adapt quickly to the sense of loss that every move entails. I have had this luck in fair measure, traversing seven countries before docking in Singapore. I call it luck, as life had chosen me to offer tremendous opportunities in every station that I exuberantly embraced. Giving back became a natural extension of myself, and I left a trace of that effort in each port of call. This is how I fill my humble karma cup, serving in Singapore:

1. AOK (Acts of Kindness) – Leading this community service club for IWA has allowed me an outlet for my daily practice where I try to be mindful in thought and action. It is very fulfilling when members join with equal enthusiasm and elevate our *seva* to another level. Together we have expressed kindness to varied causes - the elderly, orphaned children, bereaved mothers, incarcerated families, the hungry, the terminally ill, the differently abled, endangered animals, and the environment.

2. GRL (Grassroots Leader) – As a volunteer in the citizen arm of the Singapore government for the past three years, I do various projects to make our neighbourhood better. These include annual Grandparents Day movie and organising cultural integration for the community.



3. GK (Good Karma) – A self-created space to give expression to my passion for creative design and giving back when my advertising career proved less portable than my skills! I design products which are produced by fledgling NGOs to empower those marginalised in society. Product sales fund projects to enhance lives - for example, donating sewing machines to a half-way home or kickstarting the most fulfilling GK project that gathered neighbours to serve the forgotten MRT workers down our street. The hope is to grow sustainably and continue filling my karma cup wherever life will take me.



Ritu Agarwal-Kapoor is passionate about learning especially in the fields of art and design. She lives to collaborate, create, repurpose and explore multiple creative forms. She also enjoys her family and anything chocolate.



Giving Through Art

"You give but little when you give of possessions. It is when you give of yourself that you truly give."

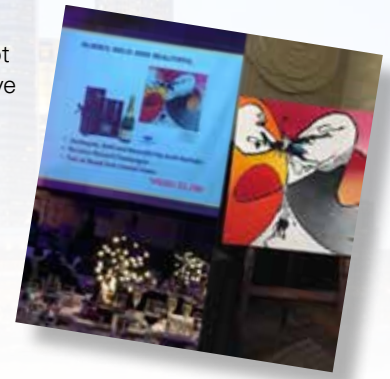
~ Kahlil Gibran

Being an advocate of giving back to the community through art, I have been involved in various charity exhibitions and workshops since I started painting a few years ago. Donating proceeds from the sale of artworks to charitable organisations in Singapore and other countries, I feel I can give a part of myself through my paintings, which is more personal. The biggest reward is the realisation that you've made



a significant change in someone's life. And if not significant, then a positive change nevertheless.

Proceeds from the sale of my art were donated to Ren Ci charity, Singapore, Singapore Children's society, and Mother's Heart, Cambodia.



Aarti Bartake

For this Singapore based visual artist, Art is a form of expression that transcends all barriers and connects with people visually and emotionally. Aarti's formal training in the field of 'Interior Designing', plus a diploma in "Animation and Multimedia" has helped her acquire the necessary skill sets for contemporary artwork.



IWA Gives Back

Life has taught me early that what you give always has a way of finding its way back to you, as the karmic cycle is always syncing throughout our lives. When I lost my parents at the age of 12, my maternal aunt took over my guardianship and many people along the way helped me with scholarships and their love and care. I eventually became a bank project manager at the age of 23, after being homeschooled for all my primary years, as I had to look after my ailing mom. So once I started earning, I began donating to orphanages and old age homes in India and then in Singapore. I just love going to SWAMI Home every

year for birthday celebrations, thanks to IWA. Everyone lives for themselves, but living for others truly gives me happiness, as looking outside at the less fortunate gives us the perspective to appreciate what we have. So let's go and help those who need it and count our blessings, to stay away from depression and self criticism through this process.

Shradha Singh

Chair, Migrant Workers' Welfare Councillor, Centre for Psychotherapy, Singapore



Happy Volunteers @ Geylang West

My husband and I have lived in Singapore for 25 years. When we became citizens, both of us joined the Geylang West Community Centre. Volunteering as a Grassroots leader, I have participated in several activities of the CC like Free Education for Children, tutoring, distributing food, and essential household items, etc to the poor. We help disburse necessary items to them through various government programs like Bursary Awards etc. My other involvements include buying food for old women in my neighbourhood who have no one to take care of them. I enjoy doing this because I believe that by serving others in our community, we get back so much more!

K Rama Madhavi

Like they say in our culture: 'Manava Seva is Madhava Seva' Seva to Humanity is Seva to God!



I have been working in Singapore for 25 years. Sometimes, when I am free, I take part in Community Centre activities with my wife, Madhavi. I volunteer at the Heartfulness Meditation Centre, Singapore, and at the Isha Foundation. I am thankful to God for giving me these opportunities. I wish to continue serving my community in the future as well.

KVR Murty



By Dreamy Somani Shah

The summation of a term gone by... The plans for a brand new term to come... Fresh blood in the system, fresh ideas rolling out, fresh plans taking shape... A new set of ladies taking the baton forward... Upward and onward! The Annual General Meeting of the Indian Women's Association witnessed all this and more! And what better day to convene the AGM, than on the day of love? February 14, 2019, Valentine's Day, was when it all came together. The Grand Patros Ballroom at the Chinese Swimming Club is where the milestone was set.

IWA President, Chandan Lehal, handed over the reins to the newly elected President Anuradha Shroff. In her address to the IWA members, Anu moved many a heart when she said, "Be the change you want to see." Now that is one woman on a mission!

After the technicalities of the AGM were dealt with, wherein resolutions were passed and the new team was sworn into office, the incoming team and all office bearers were called upon to greet the members and pose for a group picture. They beamed in red, white and floral outfits, ready to take on the challenge and all set to serve. It is indeed commendable that these extraordinary women come together on a voluntary basis, giving their valuable time and energy to work towards building a better foundation for IWA. Creating a legacy for future volunteers to be proud of!

Then came the fun part! The floor was open – for introductions, meeting friends, lots of pictures and a sumptuous Indian lunch. What more could one ask for? Conversations brewed over tea and coffee once lunch was savoured with eager appetites. There will be so much to look forward to in the year ahead!

AGM



2019



KNOW YOUR TEAM



ANURADHA SHROFF
President

"Dreams never end; they just get bigger!"



SELME SINGH
Vice President 1

"Believe in yourself."



NIRUPA VASUDEV
Vice President 2

"Seeks out experiences in life like a good bottle of wine intending to drink it up!"



MONICA DOVEDY
Secretary

"Going to make the rest of my life the best of my life."



RAKHI SHANKAR
Treasurer

"Life is full of surprises!"



DIPANJANA SEN
Assistant Secretary

"Am working backstage, I've got your back :)"



CHANDAN LEHAL
Immediate Past President

"Too young to retire, I still get pimples."



GOWRI AIYAR
Bazaar Chair and Committee Member

"Looking to 'Spark Joy'!"



PALLAVI MALVIYA GUPTA
Bazaar Co-Chair

"Passionate about building brands and marketing. Has a keen eye for design. Loves to travel too."



SUKANYA PUSHKARNA
Dhwani Editor

"Home is wherever I am and heart is whatever I am doing."



HETAL SHAH
Dhwani Sub-Editor

"Loves to create and design."



TEJALI SARANGDHAR
Membership Chair and Committee Member

"An artiste and a free spirit who tends to gravitate towards grace."



ABHINIKA MITTRA
Membership Co-Chair

"She is a people's person, connecting IWA to the community."

**SEEMA GUPTA**

Media Sales Chair and Committee Member

"Doing business without advertising is like winking at a girl in the dark."

**VIDYA DASGUPTA**

Privileges & Entrepreneur Chair

"She loves multi - tasking everyday with her work, reading, travelling, Iyengar Yoga and cooking as a stress buster."

**BHAVANI BANERJEE**

Logistics Chair

"Volunteering at my Best."

**RAMANPREET KAUR BHATIA**

Newsletter Chair

"A Chartered Accountant by profession, a budding toastmaster and Kathak dancer by passion, called "chota packet, bada dhamaal"

**JYOTI VERMA**

Website Chair

"Deciphering the enticing world of the 'web' as I live my passion for music and drama."

**BHANU RAMCHANDRAN**

Beyond Social Services Chair

"Full time homemaker & family chauffeur, part-time business professional & IWA volunteer, anytime traveller and dancer :)."

**KANTAMSETTY RAMA MADHAVI**

H.O.M.E Chair and Committee Member

"Queen of smiles, joy and laughter with a mission to create inner balance in those around me."

**SHRADHA SINGH**

TWC2 Chair and Committee Member

"A Friend indeed."

**DR. SHARMILA BANERJEE**

SWAMI HOME Chair

"The trouble with being punctual is that no one is there to appreciate it."

**RITU AGARWAL - KAPOOR**

Acts of Kindness Chair

"The karma fireball who believes only real queens fix each other's crowns."

**RASHMI GOGNA**

Adda Club Chair

"Life is beautiful."

**SUDEPTA DASGUPTA**

Book Club Chair

"First day, first show, kind of gal."

**JOLLY VATSA**

Creative Hands Club Chair

"Fun and adventurous ."

**ARPANA SARKAR**

Dance Club Chair

"Dancer with a twist ."

**PADMAJA BALAJI**

Fitness Club Chair and Committee Member

"Fit and Fabulous."

**MANJU BANKA**

Games Club Chair

"Live as if you were to die tomorrow, Learn as if you were to live forever."

**SHAILY BADKUL**

Gourmet Goddess Club Chair

"For me cooking is like painting. You need to have a taste, it can't be explained"

**NEERJA RAO**

Movie Club Chair

"For our Movie Queen, Life is all about Lights, Camera, Action."

**GURPREET KAUR**

Music Club Chair and Committee Member

"From singing and dancing alongside my siblings, now would like to continue the same dhamaka with my IWA Musical gang! Sing light. Live life!"

**SHILPA THAPLIYAL**

Writing Enthusiasts' Club Chair

"Write for the soul that is within you , join the WEC and it will teach you more."

HOLI - THE ULTIMATE SPRING FESTIVAL

By Chandan Lehal



Some of my most memorable experiences at IWA include celebrating various festivals and cultural events. Attending and participating in these events has made me more appreciative of the cultural diversity around us. One such celebration we had recently was on the occasion of Holi.

Known as the Festival of Colours, Holi signifies the victory of good over evil,



the end of winter and the abundance of the upcoming spring harvest season. Traditionally, it is celebrated with vibrant colours and water. Holi is also a festival of forgiveness when old rivalries are forgotten. The celebrations are meant to generate harmony among people.

Those taking part in the festivities smear each other with 'gula', a fine powder that comes in rainbow hues, reflecting our joyful emotions. Everyone ends up looking alike with red, green and yellow faces, creating a feeling of inclusiveness and oneness.

This year again, on 17th March, IWA had the privilege of teaming up with IAEC (Indian Activity Executive Committee) of Siglap South Community Centre, for 'Holi By The Sea' at East Coast Park. Mr. Edwin Tong, Senior Minister of State for Law and Health, was the guest of honour. He was welcomed in traditional style with Bhangra dhol (drum beats typical to Punjab) and dancers. "It's a wonderful expression of community bonding - an occasion for children, adults and people of all races to enjoy," he said.

Holi cannot be complete without Gujiyas (traditional sweets) and Thandai (a traditional cooling drink). Both were available along with 'samosa chaat' (crisp fried Indian snack with spicy potato filling) and a North Indian buffet lunch.

If food is the real flavour of Holi, then music is the soul! One can't imagine a Holi party without some peppy beats, songs and dances. Bhangra dances and other cultural performances got everyone on their feet. DJ Harvey kept the party going with popular Bollywood songs. Emcee KP Sandhu

held it all together with his great sense of humour and energy, and made sure everyone had a good time. And all this was beautifully captured by photographer Jikesh Kanan.

On a lighter note, it was also the perfect opportunity for taking some amazing selfies!



HARMONY EXTRAVAGANZA

(In Search of a Better Life)

The National Integration Council celebrated the Singapore Bicentennial at the Victoria Theater on April 6th. Three IWA members had the privilege of participating in the grand theatrical show.

EXCERPTS FROM THE PARTICIPANTS

I went to the first briefing expecting a dance show but found it was a grand Theater show, entailing two rounds of selection and a four-month commitment. In the very first round, I was mesmerised by the process. We were asked to paint our feelings on clothes (which were later used as our props). We were then asked to share our personal stories in small groups, build one script out of it and act that out.

Initially, it was challenging to manage time after work. It was fascinating how the Directors built the production from scratch to a show that got a standing ovation and brought tears to everyone's eyes. I was happy to try something new and meet new people. Doing something at this level, with the media coverage, was an altogether new experience!

Bhargavi Rathi

I have danced on stage before but what I didn't know was that the Extravaganza would entail acting! Later, I realized it was an advantage starting with a clean slate, as it brought out personal memories and stories that I didn't know I had inside, stories that were spun together to create the show. In the process, I met people from different cultures, age groups, thought processes... it was a huge personal learning for me. Finding similarities and seeing that we are all one after all. At the lunch celebration followed by the final show, we had planned to wear our traditional attire, but my new friend from the cast, Naree, and I decided to swap our clothes - she wore my saree and I wore her traditional Thai outfit. Another first for me!

I won't say it was smooth sailing throughout. We had our moments of tiredness and frustration. The whole experience made me realize that we must go beyond our limitations and explore what we are capable of.

Arpana Sarkar

An unforgettable and enthralling journey which began with a lot of doubt in my mind but ended as food for the soul, which transformed me from dance student to theatre actor, which taught me that it is not only onstage presence but also backstage efforts that matter. The production team's detailed work on lights, camera, sequencing and more, gave me an insightful experience of teamwork, discipline and hard work. Thank you, People's Association!

This journey brought me the love and affection of many co-actors from around the world, who have now become friends for life. Friends, who are always uplifting and motivating each other. Thank you so much IWA, for this opportunity of a lifetime!

Ramanpreet Bhatia



By Madhu Suri

IWA celebrated its annual membership event "Rendezvous 2019" on 20th March, at the Royal Palm @ Central, Clarke Quay. Around a hundred and twenty members, existing and new, attended the event.

The emcees for the day, Monica Dovedy and Tejali Sarangdhar, introduced Anuradha Shroff, the newly elected President. In her welcome speech, Anu asked the members to support the clubs and I Care units of the Association.

This time, the members spearheaded the introductions to the clubs, along with the respective Chairs. The members spoke enthusiastically, giving their honest feedback and suggestions. Meenu Gurpreet Kaur, the Music Club Chair, and two other members, entertained the guests with songs. Arpana, the Dance Club Chair, taught some simple dance moves. Shaily Badkul, Gourmet Goddess Club Chair, shared some cooking tips, while the Fitness Club Chair, Padmaja Balaji, shared her recipe for a power packed smoothie. Shilpa Thapliyal, our Writing Enthusiasts Club Chair, gave handy tips on how to compose and write stories. Everyone enjoyed a sumptuous lunch while signing up for their favourite clubs.

What a great networking session that was!

RENDE



MEMORABLES 2019



BEYOND SOCIAL SERVICES

The BSS I-Care Club partners with 'Beyond Social Services', a well-known organization for community service. We enable our members to volunteer in their charitable activities and make a difference.

Recently, our volunteers unpacked, sorted and arranged books which were donated for a used-book sale, the proceeds of which went to BSS programmes. The sale was organised by the international school, UWCSEA East. While it was hard work for over four hours, our volunteers had a lot of fun discussing books that they and their kids read.

It was very satisfying to know that the sale raised a tidy sum for underprivileged families, and that we played a big part in it.

More such volunteering opportunities will be coming up with the BSS club.



A VISIT TO THE ASIAN CIVILISATIONS MUSEUM



Members at an exclusive, curated tour at the Asian Civilisations Museum to explore "Raffles in Southeast Asia: Revisiting the Scholar and the Statesman" on April 3rd.

Body & Mind Relationship

We tend to think of our bodies and minds as separate systems and believe they function, for the most part, independently.

There is a relationship between what we feel and think, and what happens in our body. When it comes to illnesses few of us consider our emotions to have any relevance.

Different age group faces different challenges and stressors that may triggers our emotions at different times of our lives and affect us physically. The role of the mind and emotions in our state of health is a vital one, so let us find out how your mind-body connection may affects your health and what we can do to stay positive and stay healthy.

Insomnia

Characterised by persistent difficulty falling or staying asleep or having non-restorative sleep, insomnia is a symptom of a sleeping disorder. It can also be a symptom of other mental health conditions such as depression and anxiety. Stress is one of the psychological causes of insomnia.

Finding the causes and instituting the appropriate measures to alleviate insomnia is critical. Alcohol use or taking sleeping pills inappropriately may actually disrupt your sleep over the long-term.

Dr Joshua Kua

Specialist in Psychiatry & Consultant, Raffles Counselling Centre



cortisol and epinephrine are released, the liver produces more glucose, a blood sugar that would give you the energy for 'fight or flight' in an emergency.

Dr Stanley Liew

Specialist in Endocrinology & Consultant, Raffles Diabetes & Endocrine Centre



Short of Breath

Stress can make a person feel breathless and even worsen their existing asthma symptoms. When stress hormones are released, the person will have difficulty breathing due to the tightening of the airway muscles and narrowing of air tubes.

Dr Low Teck Boon

Specialist in Respiratory Medicine & Consultant, Raffles Internal Medicine

Heart Attack

Acute stress is acquainted with being stuck in traffic momentarily. It causes an increase in heart rate and stronger contractions of the heart muscles. Blood vessels that direct blood to the large muscles constrict due to the release of hormones such as adrenaline and cortisol. Repeated episodes of acute stress can cause inflammation in the coronary arteries, thought to lead to heart attacks.

Dr Lee Yian Ping

Specialist in Cardiology & Consultant, Raffles Heart Centre



Muscle Tension

When a person is stressed, the body produces hormones which bring the muscle into tension as well as increase the pain sensitivity in the body. If stress persists or occurs regularly, the muscle will become overworked as it remains in a constant state of tension without adequate rest. The body pain receptor sensitivity will also increase, leading to chronic vicious cycle which can often cause chronic aches and pain in the neck, shoulder and lower back.

Dr Lim Yeow Wai

Specialist in Orthopaedic Surgery & Consultant, Raffles Orthopaedic Centre



Acne

Stress doesn't create acne but it induces hormonal changes which may indirectly aggravate the acne. Hormones such as cortisol or androgens may stimulate an overproduction of oil in the skin, resulting in acne aggravation.

Dr Paul Chia

Specialist in Dermatology & Consultant, Raffles Skin & Aesthetics

Heart Burn

Stress increases gut sensitivity and may lower the threshold for sensing gut events. For example, psychological stressors can increase heartburn symptoms in gastroesophageal reflux disease. Stress may also affect the stomach emptying and intestinal transit, resulting in gastric discomfort and change in bowel habits.

Dr Lim Lee Guan

Specialist in Gastroenterology & Consultant, Raffles Internal Medicine Centre



Diabetes

When the body is stressed, the brain sends signals from the hypothalamus, causing the adrenal cortex to produce cortisol and the adrenal medulla to produce epinephrine or stress hormones. When

Infertility

While stress alone does not seem to cause infertility, stress can push us toward unhealthy behaviours and un-baby-making-friendly lifestyles. When you are stressed out, you may develop poor lifestyle habits like difficulty sleeping, over eating, lack of exercise which may lead to obesity, increasing alcohol intake, smoking, and loss of libido (interest in sex). All of these unhealthy behaviours can affect our fertility. Women who are highly stressed may also not ovulate monthly and have irregular menses, which can affect their fertility.

Dr Sheng Shay Way

Specialist in Fertility & Consultant, Raffles Fertility Centre

Headaches

Stress and tension headaches often come hand in hand. Chronic muscle tension in the forehead, scalp and neck region causes the pain receptors to be more sensitive, triggering headaches.

Dr Mohammed Tauqeer Ahmad

Specialist in Neurology & Consultant, Raffles Neuroscience Centre

Self-Help Technique to Reduce Stress

- Deep breathing exercise
- Stay active
- Consider supplements
- Eat a healthy diet
- Reduce your caffeine intake
- Spend time with friends and family
- Meditate
- Laugh out loud
- Listen to soothing music
- Get enough sleep
- Be grateful
- Take it easy

If you have tried self-help techniques and they are not working, you may visit your family doctor or seek help from professional counsellors or therapists nearby your home, at office or school. They will help you identify sources of your stress and give you some practical lifestyle tips in how to manage stress before letting it do more harm than good to your body.

For more information, please contact Deasy Budiandriani at **6311 1613** or email: budiandriani_deasy@rafflesmedical.com

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CREME BRULEE

By Vijaylaxmi Singh

INGREDIENTS (4 servings)

- 1 1/3 cups (320ml) Heavy whipping cream
- 1 Vanilla bean, split and seed removed (or 1 1/2 teaspoons pure vanilla bean paste)
- 4 large Egg yolks at room temperature
- 40 grams Caster sugar
- 4 tablespoons Caster sugar for the top crust

METHOD

Preheat oven to 150 degrees C

In a saucepan, over medium-high heat, bring the cream, vanilla bean, and seeds to the scalding point. (the cream just begins to bubble around the edges). Remove from heat and remove the vanilla bean.



Meanwhile in a heatproof bowl beat the egg yolks and sugar until thick and pale (about 1 to 2 minutes). You can do this with a wire whisk or hand mixer. Gradually pour the scalding cream into the egg yolk mixture, making sure you keep whisking constantly so the eggs don't curdle. Strain into a large measuring cup or pitcher and then evenly pour the custard into the ramekins (small glazed ceramic or glass bowl). Place the ramekins in a roasting pan and place the roasting pan in the centre of the oven.

Prepare a water bath by carefully pouring enough hot or boiling water into the pan so that the water comes halfway up the sides of the ramekins. Bake for about 30-40 minutes (baking time can vary depending on the size of the ramekins and temperature of water) or just until the custard is set (a slight wobble is ok).



Immediately remove the custard from the water bath and cool to room temperature on a wire rack (about one hour). Refrigerate (uncovered) for at least 4 hours or until cold and firm. At this point, they can be stored in the refrigerator for about 3 days.

To serve, remove the custard from the refrigerator. Sprinkle an even, not too thick layer (about 1 tablespoon) of caster sugar over the custard. Using a handheld kitchen torch, caramelize the sugar until it is golden brown and bubbly. Place it about 2 inches, at an angle over the custard and move the torch around until sugar melts and caramelizes. Let it sit for a few minutes so the sugar can harden. Then serve.

CHINESE GARLIC MUSHROOMS

By Gurpreet Kaur



INGREDIENTS (serves 6)

- 20-24 medium fresh button mushrooms
- 16-20 garlic cloves
- 1 tablespoon lemon juice
- 1 teaspoon light soya sauce
- 1/2 teaspoon white pepper powder
- 1/4 teaspoon MSG (optional)
- salt to taste
- 3 tablespoon rice bran oil
- 2 tablespoon cornflour
- 2-3 dried red chillies
- 4 tablespoons tomato sauce
- 1 tablespoon white vinegar
- 2 tablespoons red chilli paste
- 1 tablespoon hot black bean paste
- 1 teaspoon sugar
- 1 cup vegetable stock
- 1/2 medium green capsicum cut in diamond shape
- 1/2 medium red capsicum cut in diamond shape
- 1 medium onion, quartered and layers separated
- 1 spring onion, finely chopped
- 1 teaspoon sesame oil
- 1 tablespoon red chilli flakes

METHOD

Grind six cloves of garlic to a smooth paste and chop the rest.

Mix the garlic paste, lemon juice, soy sauce, white pepper, MSG and salt to taste. Marinate the mushrooms in this mixture for 10 to 15 minutes.

Heat 1 and 1/2 tablespoon oil in a nonstick wok and saute the marinated mushrooms on moderate heat, turning frequently until golden brown. Drain and set aside.

Mix 2 tablespoons of cornflour and 1 cup of water.

Heat the remaining oil in the same wok. Add red chillies and chopped garlic and stir fry for a few seconds. Add the tomato sauce, vinegar, red chilli paste, hot black bean paste,

sugar and salt to taste. Stir in the vegetable stock and continue to cook on high heat for a minute.

Add capsicum, onions and spring onions and cook for a couple of minutes more. Stir in the cornflour mixture and cook, stirring



continuously, until the sauce starts to thicken. Stir the sauteed mushrooms into the sauce and toss well to coat. Drizzle the sesame oil, sprinkle the chilli flakes and serve hot.



RICE AND BEANS BAKED IN SAUCE

By Shaily Badkul

INGREDIENTS (serves 6)

Vegetable Layer

125 gm Paneer cut into 1/4" pieces
200 gm, 1/2 of a medium cauliflower cut in medium size florets
150 gm broccoli cut in medium size florets
2 thin carrots cut in thin slices
Juice of 1/2 lemon
3-4 cloves of garlic crushed
1 onion cut into half and then into rings
Salt to taste
1/4 tsp peppercorns crushed
2 tbsp grated cheese, preferably Cheddar

Rice Layer

2 cups boiled rice
A few drops of yellow food colour
2 tbsp chopped coriander
1 tsp lemon juice
Salt to taste
1/2 tsp pepper powder

Bean Layer

1 tin baked beans
Salt and pepper to taste

Mustard Sauce

4 tbsp plain flour (maida)
3 cups milk
2 tbsp grated cheese (Cheddar)
Salt and pepper to taste
1-2 tbsp mustard sauce
Oregano to sprinkle on top

Spread veggies over beans. Sprinkle 2 tbsp cheese on the vegetables. Keep aside.

For the sauce, heat 3 tbsp olive oil or butter in a pan. Add flour. Cook on low heat for 1-2 minutes. Add milk gradually, stirring continuously. Stir till it boils. Cook for 2-3 minutes till it thickens to a coating consistency. Add salt, pepper, and mustard. Remove from heat. Add 2 tbsp cheese.

Spread the mustard sauce over the vegetables. Sprinkle the remaining rice. Sprinkle some oregano. Bake at 200 degrees C for 20 minutes till light golden or grill for 15 minutes. Serve hot.



METHOD

Cut cauliflower and broccoli into very small florets with small stalks.

Heat 2 tbsp butter. Add garlic and onions. Cook till the onions turn soft. Add vegetables. Add salt and pepper to taste. Saute till the vegetables become crisp. Set aside.

Separately mix all the ingredients of the rice layer gently and keep aside, 2-3 tbsp of rice for the topping.

Spread the remaining rice in a very thin layer in a greased dish.

Add paneer to the bean mixture. Sprinkle beans and paneer over the rice.



To My Younger Self

Hi my dear younger Ramanpreet,

Hope this letter finds you in the best of spirits and good health.

Today, walking with my kids to their school bus stop, I suddenly remembered your tiny footsteps towards your school bus stop and realised it's been a long time since I have had a moment with you.

At present, in my truly blessed life, with beautiful children, loving family, fulfilling professional life and a promising future ahead, a thought just crossed my mind about your outlook, your passions, your anxieties, your aspirations, and expectations from life.

Dear younger self, being aware of your unbounded love and your dotting care towards your parents and siblings, I advise you to let life take its course. Always remember that your parents will feel happier and more gratified to see you more emotionally balanced and walking through the valley of life's challenges, beauty and offerings, and emerging as their strong daughter, a stronger Ramanpreet.

So, relax, stop worrying and live your life fully, by loving everyone around you unconditionally and wholeheartedly, for you are truly blessed.

My beautiful self, I admire and respect your yearning for a professional identity but take things easy and follow your passions and your creative pursuits, which are, at present, dormant and hidden in your heart.

I know you will progress and rise in your professional life, given your sense of dedication and discipline. So, with unwavering determination, embrace your individuality and make time for everything you love.

Please let go of any confusion, bitterness, anger or disappointment, because life will be full of twists and turns and childhood is very precious. Make the most of it happily.

I promise never to forget you and to keep you alive inside me, at every stage.

Hoping to stay connected with you. In fact, I see you in my daughter, Jasreen.

Your older self,
Ramanpreet



Dear Azeena,

Yesterday, my newsfeed on Facebook was flooded with stories of students who did well in their O levels, despite the major hurdles they faced in their examination year. Oh yes, in case you're wondering, Facebook is an improved version of the Friendster website that you use.

Today, Singapore is trying to move away from focusing too much on academic excellence, by shedding light on the narratives of real people with real challenges, that most of the population can resonate with.

While I know you are not completely crushed by your Secondary 3 Mid-Year Examination results, I know there is a voice gnawing at your head, telling you that Upper Secondary would have been much easier had you taken the necessary steps in your Lower Secondary years.

Only I know the shame that burned your cheeks when your Secondary-2 Mathematics teacher told your mother that you could not even dream of taking Additional Mathematics in Secondary-3.

Only I know that it was your Secondary-2 Form Teacher's public declaration of how limited your options would be post secondary education, if



you continued faring poorly in Mathematics, that spurred you to proactively work on improving in this subject.

All those days of ploughing through various questions in your textbook, forcing your notebook to still obedience on a rapidly moving train while commuting to school and sacrificing opportunities to socialise during and after school, often left you wondering if those efforts would lead to fruition and more importantly, honouring your family by entering a junior college.

Now, let me tell you that every stone that you encountered was not to block your path, but a mere test to build your tenacity, by clearing them and stepping forward. Those stones have given you a powerful narrative of resilience that you can tell the generations to come, a narrative made memorable because you created your own path while navigating unknown territories.

Love,
Azeena

-- Fret Not --

Fret not for the bud that never blooms, soil and drops of water will flower the seed soon.
Little stumps shoot, ridges and bumps smoothen,
stretch your palms, open your fingers,
The universe has plans for you.

Fret not, for the world is kind.
Fret not, for there are blooms bright.
Fret not, for helping hands are magical wands that weed out distress and pain.
That it falls in place, one piece at a time,

at its own pre-set pace.
That colours of the rainbow don't belong to the sky,
each thing ordinary will tell you why.
So fret not my dear,
Fret not!

By Shilpa Dikshit Thapliyal



I would like to thank the 'Writing Enthusiasts Club' for the launch of my poetry book 'Mid Autumn Musings' at the Singapore Writers Festival on 4 November, 2018. My special thanks to Tara Dhar Hasnain (founding Chair) and Shilpa Dixit Thapliyal (current Chair) of the club for all the efforts in grooming the members as writers. I wish to express my deep appreciation for all those who took time out to be present at the launch. I am also grateful to each member of the WEC group for sharing their enlightening pieces during our meets, to keep the enthusiasm alive. I have learnt a lot from each one of you. So a big thank you to all for being there on my writing journey.

Aruna Shahani

MONSTER UNDER MY BED

Roses are red, Violets are blue, There's a monster under my bed, What do I do!!??

I tried to hypnotize it to get out of my room, But all it did was blow a balloon!

I tried to smack it with my shoe, But all it did was stick it under my bed with super glue!

I tried to smack it with a long stick, But it made it disappear with a magic trick!

Roses are red, Violets are blue, There's a monster under my bed, What DO I DO??!!

Advaita (Adi) Viswanadha
13 years
Singapore American School



Tvisha Agarwal
10 years
NPS International School



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IWA OUT AND ABOUT



Anu and Selme having fun at the Annual Lo Hei Lunch, organised by the Singapore Council of Women's Organisations (SCWO).



Anu and Selme at the Networking Session with Global Partners organized by the PA Integration Council.



Enjoying the Indian Film Festival, held jointly by the High Commission of India, Singapore, and NUS Office of Alumni Relations.

Left to right: Nirupa Vasudev, Anuradha Shroff, Perna Shahi (Second Secretary, High Commission of India, Singapore), Monica Dovedy, Selmé Singh, Dipanjana Sen.



Anu and Selme at the launch of the Geylang Serai Heritage Trail (SG Bicentennial 2019 Edition) Book and New Trail 3, on 31st March 2019.

Introducing the IB Primary Years Programme at GIIS SMART Campus

GIIS SMART Campus is now a candidate* school for IB Primary Years Programme (IBPYP) from grades 1-5. The programme is an inquiry-based, transdisciplinary framework that challenges, encourages and nurtures young minds on their journey to becoming lifelong learners.



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- ✉ Admissions.sg@globalindianschool.org
- 🌐 schoolofthefuture.sg



BOOK CLUB

I started reading at a very young age. Borrowing books from the neighbourhood library was a daily routine, and buying books from roadside vendors at Churchgate, Mumbai was my way of building my book collection.

As the years passed, my work, travel and kids left me with little time to read, and for a period of about 10 years my reading was restricted to work-related or business magazines. The little leisure reading I caught up with was on flights or holidays.

But for the past three years, I have been reading books of different genres every day. Thanks to the IWA Book Club! Every time our Book Club announces the 'book of the month', I personally divide

the book into the number of pages to complete every day, and do not rest till it is completed. I am now reading two books a month which I never ever thought I would achieve at any point.

I learnt the art of analysing a book from another Book Club regular. We had a book author event where the author presented her journey from writing to publishing her book. I look forward to every second Wednesday of the month and have marked it on my calendar. This is one club which allows me to work and enjoy my passion for reading. Who knows, I might even start a book related business venture some day!

The IWA Book Club is very close to my heart and I try not to miss a single book from the club.

By Vidya Dasgupta



I Opened a Book

*I opened a book and in I strode,
Now nobody can find me.
I've left my chair, my house, my road,
My town and my world behind me.
I'm wearing the cloak, I've slipped on the ring,
I've swallowed the magic potion.
I've fought with a dragon, dined with a king
And dived in a bottomless ocean.
I opened a book and made some friends,
I shared their tears and laughter
And followed their road with its bumps and bends
To the happily ever after.
I've finished my book and out I came,
The cloak can no longer hide me.
My chair and my house are just the same,
But I have a book inside me.*

By Julia Donaldson

PRIVILEGES & ENTREPRENEURS' CLUB

The year 2019 has seen the birth of a "Privileges & Entrepreneurs' club (P & E)", where the Media Privileges platform has been combined with the Entrepreneurs Club, mainly because many members are entrepreneurs. This would incentivise our entrepreneur members to become IWA Privilege Partners.

This Club aims to foster a spirit of entrepreneurship amongst women business owners and aspiring business women in Singapore, providing a platform for women to share their challenges, learn key skills, network and get inspired.

We aim to achieve this through three key pillars:

1. Learning Sessions: We do learning-oriented events every quarter in the form of talks or interactive workshops where the members learn about different aspects of setting up and running a business. We bring in experts to motivate and educate members on relevant topics which might help them in their entrepreneurial journey.

2. Networking Sessions: Our networking event, "Coffee Mixers", gives members an opportunity to interact with each other in an informal setting. Each session aims to provide value and insight to members, but the prime focus remains on networking.

3. Privilege Partner Events: These events plan to showcase the benefits that our partners offer, and thus enrich our members' lives, either via new learnings or via promotional offers.

We believe that personal growth leads to professional success.

CREATIVE HANDS CLUB

CHC's "Kerala Mural Painting" workshop was conducted by Ms. Rosni and hosted by member, Arundhati Ghuman.



DANCE CLUB

A good dancer is not necessarily defined by great technique, skill or the ability to pick up choreography, but by the willingness to just dance. When you feel the music, it penetrates your soul. Everybody is a dancer.

We at IWA Dance Club are always exploring our dimensions to widen our horizons. This ranges from sensual Salsa to our very own classical Kathak. 2019 will be a year of more exploration and unlocking our potential.



FITNESS CLUB

Boxing Your Way to Fitness

The IWA attendees learnt various boxing moves that can be incorporated into our daily exercise routine. We were also introduced to the techniques used by sports doctors to release the tension in the leg muscles. It was a very well appreciated event.



GAMES CLUB

Games have been an integral part of socialising, whether played indoors or outdoors. Playing games makes you more positive and productive. Board games are a method of play that spans generations. In an age when face-to-face communication is becoming increasingly rare, board games demand engagement and attentiveness.

At IWA Games Club, we play a variety of board games such as Mahjong, Bridge and Scrabble, which are not only fun but also stimulating. These strategic games exhilarate you every time you win a hand. This enhances coordination, concentration, memory, problem-solving skills, and is a great source of learning.

This year, we plan to have some big group games, both indoor and outdoor. Find some time! Come play!



GOURMET GODDESS CLUB

I joined IWA in March 2019 and got an opportunity to host a dessert-making session for 24 lovely ladies. I was delighted to meet everyone and appreciate their enthusiasm to learn something new. The session went very smoothly and everyone loved and praised the desserts. I am very excited to have joined IWA and looking forward to many more sessions.

By Vijaylaxmi Singh



MOVIE CLUB

There is more action, drama, romance, violence behind the screen than on it! And IWA MOVIE CLUB brings it all out in the open during the cozy gatherings. Not for the weak hearted, these monthly meet-ups are for the true blue cine gossip mongers and purveyors of juicy tidbits!

Relish and enjoy the pages of Filmfare and Blitz, come alive in a lively environment over mouth-watering Indian fare! Relive the magic of the movies and get drenched in tinseltown Stardust!

FILMS? Oops! They are incidental!
So join us on some LIGHTS
CAMERA
ACTION!



MUSIC CLUB

Music Club members meet every third Thursday, to celebrate the theme of the month. In February, we celebrated Valentine's Day dressed up in hues of red and pink, creating a romantic mood with funky and sizzling numbers. In March, we set an upbeat tone with timeless Holi numbers from Bollywood.



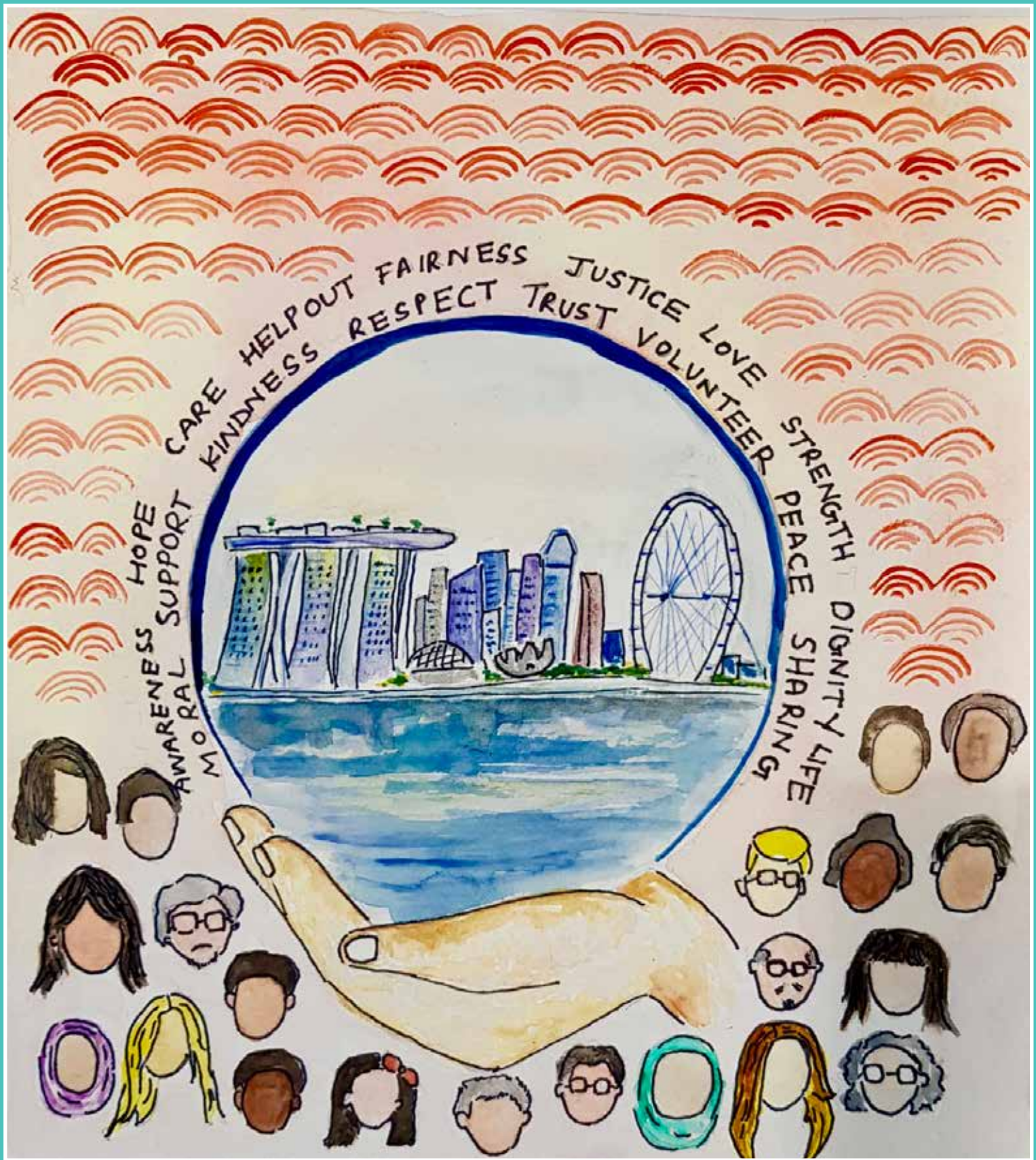
BACK COVER

The artwork is done with watercolour and ink. It depicts the endless ways of contributing to the multicultural society of Singapore. Giving not only has a positive impact on people but also creates a feeling of self worth.

ABOUT THE ARTIST

Rohini Ghosh holds a post graduate degree in Commerce but enjoys being a creative enthusiast rather than looking through accounting records. She enjoys reading and exploring new places. She likes to try out different cuisines and is a movie buff.





CARE
HELPFUL
FAIRNESS
JUSTICE
LOVE
VOLUNTEER
STRENGTH
PEACE
DIGNITY
LIFE
SHARING
TRUST
RESPECT
KINDNESS
MORAL
SUPPORT
HOPE
AWARENESS

