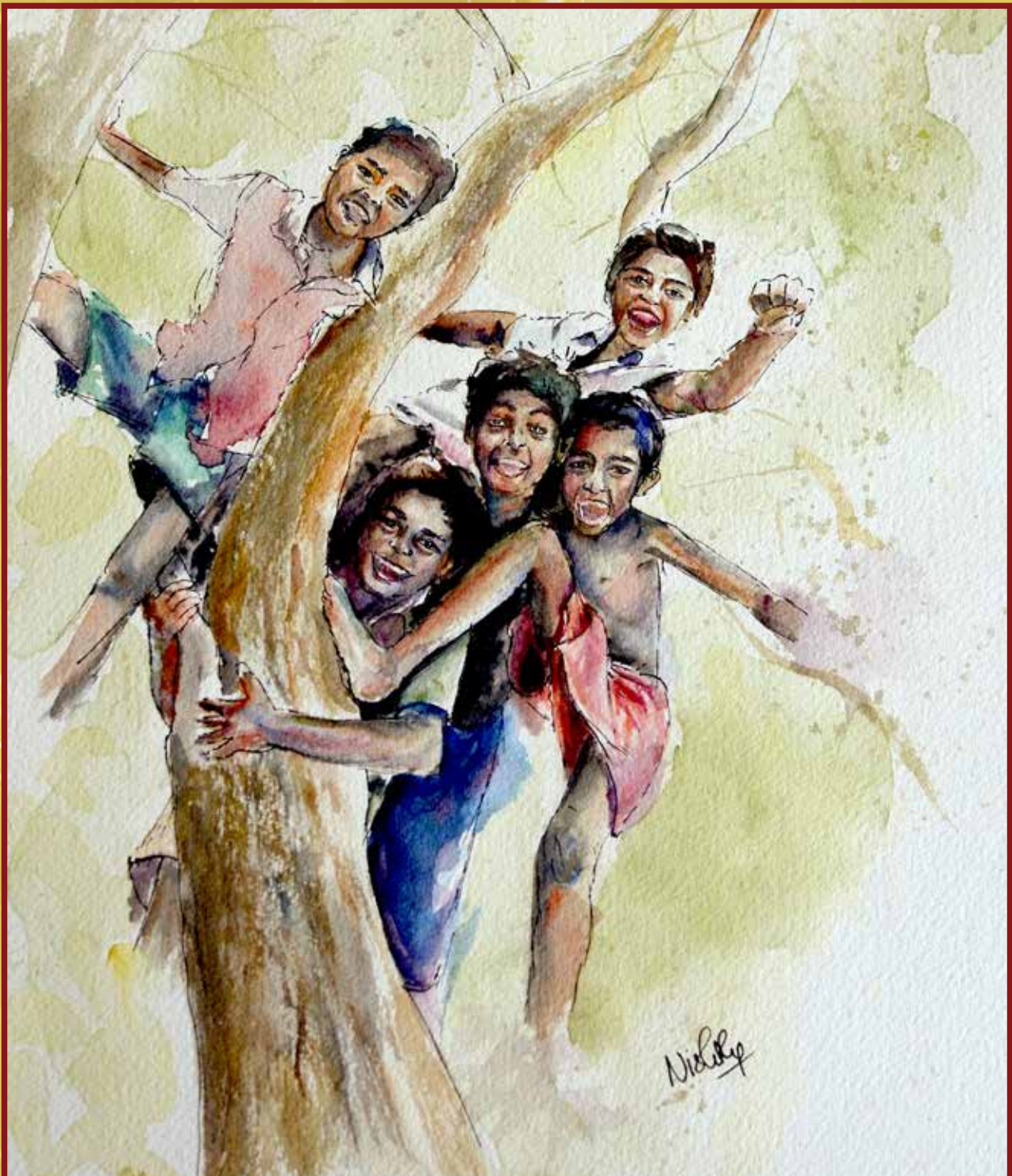




IWA DHWANI

Indian Women's Association
September 2017 • MCI (P) 143/05/2013

Sounds of IWA, Singapore

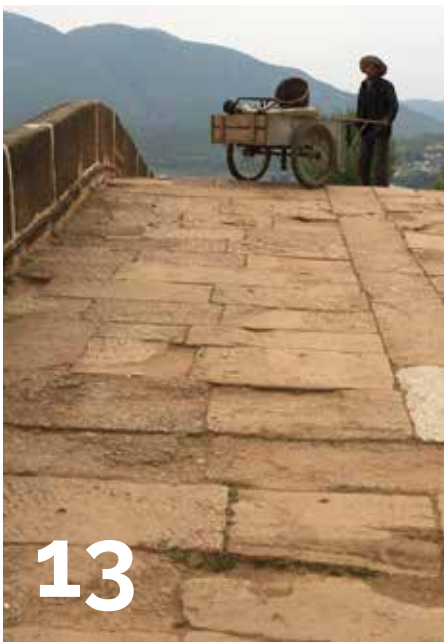


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We hope you like this issue of IWA Dhvani. Please send in your feedback, suggestions and contributions to editor@iwasingapore.org

LETTER FROM THE PRESIDENT



Dear IWA members,

Over the last four months, IWA has been buzzing with activities. In addition to the regular Club activities, several events of wider interest were organized for members, families and guests. Some of these were even open to nonmembers to give them a taste of what IWA has to offer and encourage them to take up membership.

We share this planet and even an urban city like Singapore with other creatures.

IWA member families took a trip to ACRES to learn about wildlife in Singapore, the challenges they face in an increasingly human occupied world and the need to support local efforts for protecting wildlife. IWA helped raise about a thousand dollars for ACRES.

Besides shopping, vibrant nightlife and spectacular architecture, Singapore has been on the forefront of making itself future proof. One of these efforts has been in the area of water self-sufficiency. IWA took a trip to NEWater plant with Nee Soon Central CC to learn about each other and Singapore's efforts to conserve, recycle and purify water.

Often ignored, not talked about or even recognized, Depression can be a silent tormentor. IWA organized a talk on the topic of 'Understanding Depression'. This well attended talk raised awareness for mental health issues. IWA supported Project Smile and its initiative in bringing the play 'Mindless Whispers' on the same topic to the public.

IWA artists and members came together to create beautiful plank art works on the theme of 'Arts of Wonder - One Nation' at Siglap South CC. It was an opportunity for IWA to engage in community building and provide exposure to our talented artists at the same time. These works were subsequently displayed at Bishan Ang Mo Kio Park, Siglap South Community

Center and at the National Day Dinner for Joo Chiat. The time and effort put in by our artists was commendable.

Glamor came knocking on our door in the form of Adil Hussain. At an exclusive IWA event, attendees had a chance to interact in an intimate setting with the actor who has well known movies like The Reluctant Fundamentalist, Life of Pi and Hotel Salvation to his credit.

An MCCY led focus group discussion session on the topic of Integration was held for IWA members. Participants helped identify challenges faced by them and suggested solutions. Feedback from this session will help formulate future integration initiatives in Singapore.

To celebrate Indian Independence Day, IWA supported a play "Project Roop Kaur" that brought to life the untold stories of women during India's partition.

IWA supported Jamiya by organizing a creative session for its residents. Orientation session with Beyond Social Services gave a deeper understanding for members for an organization that we support. IWA members donated clothes to BSS, HOME and computers to TWC2. Our translation work for TWC2 beneficiaries is ongoing. We celebrated mother's day with Super Mums from less advantaged families at Henderson CC and gave the gift of a laser printer to the Community Center.

Look out for IWA members at the SINDA booth near Indian Heritage Center in October. We will be conducting creative activities to engage young and old alike as a lead up to Diwali. Do join us in celebrating Gandhi Jayanti on Oct 2nd at an author's event at SMU Library. And of course I hope to see you all at the Happiest Bazaar in the town, the IWA Festive Bazaar on the 5th of September.

Garima Lalwani

ON THE COVER:

"Summer Games in the Orchard"

Medium: Water Colour

Artist: Nishtha Pathak

Born and brought up in India, Nishtha is a computer engineer by education, and now has become an artist by life purpose. She always has been and will remain a keen student of art in all forms, and has spent the last few years studying at NAFA. In this painting, she has tried to bring out the true inner joy which each one of us has experienced as kids.



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From the Editorial Team

What makes you Happy?

The answer to this question could be very easy or this could be one of the most difficult questions to answer. It is easy if you get joy from the everyday little things that make you smile and almost impossible if your happiness is conditional - I will be happy when I get a luxury car, bigger house, designer shoes.....



In this issue we have asked our members to tell us what brings joy to them & we got happiness-inducing factors like yoga, shopping, travelling, memories and so much more! Read on & discover happiness!

Also in this issue, we have special make-up and home décor tips for you and your home to dazzle in the festive season! The Health and Finance pages give food for thought while our Food pages give you recipes for delectable dishes and useful tips shared by our Gourmet Goddesses.

Test your movie knowledge through our Bollywood-Hollywood quiz & relive the many exciting events we have had in the past 4 months through our photo collages!

Enjoy the festivities!



Editorial team:

- Rashantha Therese Devanesan
- Alka Joglekar
- Neena Mittal
- Lakshmi (Lucky) Padmanabhan
- Sukanya Pushkarna
- Lakshmi Raghavan
- Hetal Shah



Happiness is a Journey

by Seema Gupta

Happiness is a state of mind, an intense emotion that is an addiction. Countless have devoted their lives in search of this feeling. Having read many scriptures and teachings, one common characteristic I find prevailing is that happiness is subjective. What makes me happy may not be the same for others. Also it is a noted fact that happiness is interrelated to contentment. A wise man said, "Happiness is an inside job" and that is what I aspire to.

Jim Rohn once said, "There is only one happiness in life, to love and be loved" and this is exactly how I look at it. My children are my life. As a full time mother and housewife, my priorities have always revolved around my family. Meagre sacrifices are an expectation rather than appreciation. Simple acknowledgements of my efforts and small kisses here and there fill my heart with warmth and give me a sense of peace. The magnitude of joy has a tendency to peak when we have turbulent emotions. After a day of bickering with my daughter and being distraught over our disagreement, my day is turned around when she comes back from work, kisses me on the cheek and gives me an apology hug. Her achievements make me happy. A small caress from my husband or few words of appreciation for my cooked food makes me happy. At the same time these emotions fluctuate throughout the day. But at the end of it as long as I am sure all is well in my world, I am content, I am happy.

While there are plethora of things that give me happiness, a small reason for my pleasure is 'Shopping'. The smell of new clothes, the slamming of the changing room doors, the bomb of colours, all give me an unusual high that takes me to soaring heights. The feeling of different fabrics against my skin, the lushness of silk, the smoothness of satin, the softness

of cotton and richness of linen give me a confidence unparalleled by any other. As Miranda Priestly once said, "Don't cry. Buy a bag and get over it." Millions of articles highlight the cons of consumerism daily. Reading them brings about a sense of guilt and I take off on a new path of self-discovery, but the sheer pleasure that a breezy whiff of a new scarf brings me is enough to cancel out any resolve I worked up.

There is a saying, "We rise by lifting others." The sentence touched me deep inside somewhere. My small effort to connect as they say with the Children of lesser God, the underprivileged, fulfilling the simple wishes of a child through charities like Make A Foundation fills me with ecstasy. Every time a child smiled it made me happy and felt blessed. My 1% of giving through IWA and its various platforms has always triggered a special feeling of satisfaction which cannot be put in words.

The truth of life is, happiness is recognized because unhappiness exists. We should always feel blessed and be contented with what we have.

"Happiness is a journey, it is not a destination." Family, possessions or philanthropy are all aspects that add to the quotient of happiness for me. But this feeling is not constant. It is a recession in one's mind that has to be created built and discovered.



***Seema Gupta** has been in Singapore for the past 17 years. After working for 2 years, she is now a full time housewife blessed with two beautiful daughters. She enjoys reading fiction, sketching, cooking and is a part of the Media Relations group at IWA.*

Love Always

by Aruna Shahani

Smiles

When the heart is happy, the lips spread their wings. Such are some strange connections in our body. Our life is a chain of events that get stored in our minds as files and folders we call memory.

Whenever we open a file of a happy event that occurred in the past, our face lights up. Though our eyes don't speak, they express happiness when our heart is happy. But what makes you happy is a big question.

The answer is quite simple. When you open the files of past events of your life and scan what made you happy at that time, you will find that it is 'experiences' that impart happiness. Amongst these, the ones that stand out are when we receive or give love to others.

Every human being on this Earth needs love. Studies show that happy hormones are released in our body in larger amounts when we give love than when we receive love.

Giving food to the hungry, shelter to the homeless, clothes to the needy, lending a ear to listen to a distressed heart, giving a hand to those who need to be held are all ways of giving love.

Receiving material things, money etc. is forgotten easily, but when you receive real love, that moment gets engraved upon your mind and heart and anytime in the future when you recall the experience, you tend to have a smile on your face and feel happy.

And somehow, we tend to forget many things and experiences in life but the times when you received or gave love form special albums of happiness within us and make us happy again each time we open them and go through the pages with fragrance of love.

Material gifts are in vogue. Let us change the trend to giving a warm hug, a kiss, a pat on the back that make memorable gifts, at all times till the last day of a person's life.



Dr. Aruna Shahani - A Medical Microbiologist by profession. Now retired for the past few years to chase her passions - painting, writing, reading, traveling. A trained Yoga therapist, she came to Singapore 9 years ago with her husband who is also a doctor.



Wake Up Call

by Padmaja Balaji

What makes me happy is a Good Morning wake up call to each & every cell of my body. Now can you go & knock on each cell & wake them up? Yes you absolutely can....and it is not by my morning cuppa of Indian Chai (though I love that too) but with my morning routine - my Yoga.

As I inch towards half a century, I rely more and more on my morning routine to set me free for the day. The amount of time I spend on my Yoga mat in the morning is not as important as stretching each & every part of my body through a few basic poses.

The blood circulation in our bodies is minimal when we sleep. A morning round of gentle stretches sends the blood rushing throughout the body & oxygenates the cells. This stretching loosens up my muscles and improves the range of motion in my joints. Instantly I feel as fresh as a flower and as light as a feather.

I am still a little lazy in the morning so I start off with one of my favourite sitting poses - either Vajrasana (Thunderbolt pose) or Veerasana (Hero pose) - which stretches my quads, knee joint, the front of my ankle and my foot. I can feel the happiness radiating from these parts of my body. Then my forward bends to open up my inner thighs and hips - Bhadrasana (Butterfly pose) or Upavishta Konasana (Wide Angle seated Forward bend). I add in a few seated twists like Ardha Matsyendrasana (Half Lord of the Fishes poses) to keep my spine erect and flexible and

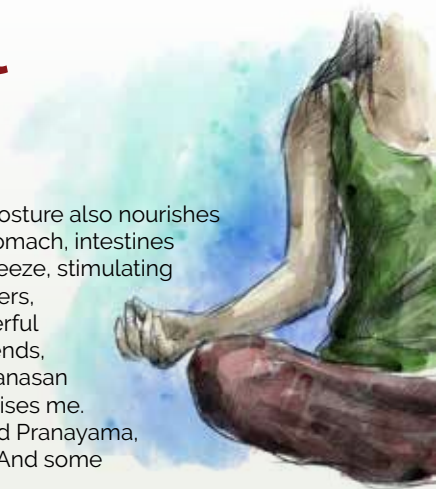
me healthy & happy. This posture also nourishes the internal organs - the stomach, intestines and kidneys get a nice squeeze, stimulating digestion, while the shoulders, hips, and neck get a wonderful stretch. A couple of backbends, my favourite being Purvottanasana (Upward Plank Pose) energises me. Breathing techniques called Pranayama, improve my lung capacity. And some meditation sets my focus.

Taking the time to go through the various poses calms my mind, focuses my attention totally into my body and breath and makes me feel alive.

This is the best wake up call to my entire body and this is what makes me very very happy!



Padmaja Balaji is the IWA Fitness Club Chair and a freelance yoga instructor. She has been living in Singapore for the past 23 years with her husband and two boys.



Travel makes me Happy

by **Azeena Badarudeen**

Eleanor Roosevelt once said, "Happiness is not a goal, it's a by-product of a life well-lived". I couldn't agree more with her statement. Personally, the notion of seeking happiness has always appeared paradoxical to me. It is not something we can attain by consciously looking for it but it is attained only when we have realised that it has been there all along, only that we had failed to do so all this while.

Personally, I've discovered a lot of joy in interacting with people, face-to-face, rather than on Facebook. As a child, I was bubbly, with no difficulties in talking to anyone who dropped by my place for a visit. Visits to relatives and family friends were much anticipated events as I would play with the other children and chat with the elders present. One particular routine I enjoyed as a primary school child growing up in Singapore was doing weekly grocery shopping with my aunt who would have a special treat for me, usually a sweet snack I loved like an ice-cream or a small bar of chocolate, which I would gaily feast on while waiting for the bus. Upon reaching home, my entire family would slump before the television and soak ourselves in the fascinating plots of South Indian films.

Travelling is another activity that I find soul-reaching and intellectually and culturally invigorating. Bitten by the travel bug since an opportunity to do a semester-long exchange program at Simon Fraser University

in Vancouver in 2007, there's been no turning back. In the past decade, I've been blessed to have explored the US, Turkey, Sikkim, the UK, Australia, Dubai, Brunei, Cambodia and Punjab. No two trips are the same, even when I return to a particular city for the second time. Travelling is akin to cleaning our spectacles before putting them on, it gives a renewed perspective of life because I get to see clearer, through the same lenses. It is an opportunity to do much needed self-reflection which sometimes gets overshadowed by a myriad of seemingly bigger priorities. The lessons gleaned from every travel experience often remind me of how much I have to be thankful for, especially for that which may seem glaringly insignificant.

In conclusion, the opportunities I get to make connections, be it with others or myself and the countless opportunities to discover, self-discover and re-discover are what truly bring me happiness.



***Azeena Badarudeen** is a Singaporean educator who has been an IWA member since 2015. She loves exploring new places and enjoys a cup of Masala Chai with a good book in her spare time.*



Gold or Diamonds

by Vidya Dasgupta

Gold - the shimmering yellow metal has played a pivotal role in a religious, social or financial capacity in the lives of Indians since times immemorial. Gold is a symbol of wealth and prosperity in the Hindu religion and it has a starring role in traditional occasions like Diwali or weddings. Apart from being worn as jewelry, gold's increasing popularity is due to it being an investment option as a new asset class - GOLD ETFs (Exchange Traded Fund)

Investors looking to invest in gold have three routes:

- 1** Purchase the physical asset as jewelry, coins or biscuits.
- 2** Purchase an ETF that replicates the price of gold.
- 3** Trade in futures and options in the commodities market.

One of the easiest ways to own gold is to buy the SPDR Gold Shares ETF. It trades on the Singapore exchange under code O87. It is backed by physical gold and allows you to track gold prices through your brokerage account.

Looking at it from an investment point of view, gold is an excellent portfolio diversifier.

Buying gold jewellery in a retail outlet has a lot of add-ons to the price like making charges and the profit margins of retailers - thus making it a very expensive investment option. It is not the same when you purchase gold through the ETF route.

Unlike jewelry, Gold ETFs do not carry the emotional baggage if one wants to sell the investment. Storage is not a problem as the gold is in dematerialised (dmat) form.

However, it will take time for the concept of Gold ETF to gain popularity as Indians traditionally buy gold primarily to wear as jewelry and hard gold bullion is still the long term favorite of die-hard gold investors.

A diamond, by default, is a depreciating asset over time. The market for diamonds is not liquid. Precious metals like gold and silver cannot be artificially


produced and thus have held value for thousands of years. On the other hand, diamonds can be synthesized artificially using modern technology and it is very difficult to differentiate between natural diamonds that are rare and artificially produced diamonds born in a factory.

Only a highly prized diamond, like a very large stone or a stone of an unusual colour, will hold its value or become more valuable over time. Since there is so much variability in the four C's (Cut, Clarity, Colour and Carat weight) and there is no internationally recognized set unit price, diamonds are valuable but not as valuable as gold.

(The opinions expressed here are purely those of the writer and writer does not endorse any particular investment)




Vidya Dasgupta is a corporate financial advisor. She enjoys reading, travelling, running and BKS Iyengar Yoga.



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EID Celebration

Indian Women's Association (IWA) was a community partner for Siglap South CC's Eid celebration event held on 16th July. IWA supported this cause by managing a very popular Henna booth, entertaining the crowd by singing a foot-tapping medley of Bollywood chartbusters and helping serve food to the beneficiaries.





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Limericks

The IWA Writing Enthusiasts' Club met in July to do a session on 'Writing with Humor' and decided to make it fun by exploring it through short five line poems called **Limericks**.

Limericks are poems written in the AABBA format and in their strictest form adhere to the anapestic trimeter. This form was popularized by *Edward Lear* in his first 'Book of Nonsense' (1846). Limericks are easy to write as they are short and funny with a bouncy rhythm!

The topic given to the WEC members was.....furniture!

Chair

by *Dreamy Somani*



A chair elevates from the ground
It makes a person home bound
four legged creature
for power and stature
But when it's rickety it makes a
creaky sound.



Clock

by *Rama Madhavi*



Hickory Dickory dock
Started staring at the clock
waiting for the guest
who is my very best
In thick or thin we always rock!



Table

by *Sudepta Dasgupta*



Listen little chair, I am the table
You may rock, but I am stable !!!
You like to roll
Taking a toll
I am the boss, that ain't a fable !!!



The Couch

by *Tara Dhar Hasnain*



Oh, the great joys of a comfy couch,
A taste of heaven for me the slouch!
As into its lap I sink,
My cares instantly shrink,
And I am no more the grumpy
grouch!





NEWater Visitor Centre and Upcycling Workshop – An Integration Event

by Azeena Badarudeen

The last Sunday of July started off on a high note because that was the day for this Integration Event between IWA and Nee Soon Central INC. About 28 IWA members and over 50 members of the Nee Soon Central INC participated in this integration effort

All participants, some with children in tow, were treated to an informative session on how water is recycled at the NEWater Centre in Bedok. Everybody was awed by the state-of-the-art technology used in the reverse osmosis process to produce water for Singapore's fourth national tap. During the session, visitors gained interesting facts and knowledge about how

much water is used for various daily activities. They also understood how water plays a crucial role in enhancing the lives of those living in Singapore through 'Active, Beautiful and Clean Waters'- an initiative designed with the objective of promoting a healthy lifestyle through experiencing the different water bodies in Singapore.

Later in the morning, participants from both IWA and Nee Soon Central INC gathered in mixed groups to try their hands at upcycling, which is the conversion of old materials to creative and useful items. They learnt how to make a bag from an old T-shirt and how to make card holders with bottle caps and wires. Many

were pleasantly surprised at how effortless and fun these activities were!

The event ended with lunch served to all in bento boxes, allowing participants from both organisations to chat and mingle, while proudly showing off their upcycled products. A wonderful end to the day with bright broad smiles all around!



DIY Coaster made from Newspapers

by *Monica Dovedy*

Materials:

- Newspaper
- Paper Cutter
- Satay Stick
- Marker Pen
- Paintbrush
- Black Acrylic Paint
- Golden Acrylic Paint
- PVA Craft Glue
- Mod Podge



Step 1

- Fold a newspaper sheet lengthwise into 4 strips (each strip is approximately 3.5" x 22.5")
- Cut the strips
- Make 11 strips



Step 2

- Roll each newspaper strip using a satay stick
- Roll from the bottom corner of the strip



Step 3

- Roll the strip to the end to make a tube
- Glue the end together
- Pull the satay stick out to form the rolled tube



Step 4

- Make 11 rolled tubes



Step 5

- Flatten and roll the tube on a marker pen
- Seal the edge of the tube with glue



Step 6

- Once the edge is sealed, gently remove from the marker pen



Step 7

- Make 7 such circles
- Place the circles as shown in the picture
- Glue them together



Step 8

- Once the circles are sealed together, wrap and glue 3-4 flattened tubes around them
- Completed coaster ready for painting!



Step 9

- Paint the coaster with black acrylic paint



Step 10

- Using light strokes, dab the coaster with gold acrylic paint



Step 11

- Coat with Mod Podge



Step 12



Step 13

- Finished product!



Monica Dovedy, Creative Hands Club Chair, demonstrates the Do-It-Yourself steps to create a 'newspaper coaster'



Makeup tips for the Festive Season

by Anjana Raju

Look glamorous and don't be afraid to go bold this festive season. It is all about bright colours worn with confidence!



Glowing Skin: A great base for makeup

- Indulge in satisfying your taste buds during the festive season but don't let it show on your face. Try to limit sweets and oily food that can cause pimples and breakouts.
- Always use a primer before applying foundation for an even toned base for makeup and minimize the appearance of pores.
- Cream foundation gives good coverage and can be used day or night. Do try makeup colours that compliment your skin tone and outfit colours.
- Apply bronzer with light strokes on the top of your forehead, cheekbone, and jawline to give you face a soft glow and definition.

A little sparkle goes a long way

- Every girl needs a little sparkle now and then. During the day try lining your upper eyelid with a glittering eyeliner over your usual black eyeliner.
- For the night use an eye makeup primer and pat a little glitter over your eyeshadow on your eyelids to create some drama and shine.

Eyes and lips

- Draw attention to your peepers by trying different eye lining techniques for day and night.
- False eyelashes look great for the evening. Choose the right ones for you based on the look you want to create.
- Use eyeshadow colours that complement your skin tone and match your dress to create a new catchy look every time.
- Exfoliate lips using a toothbrush for smooth soft lips and always use a good lip balm.
- Applying a little concealer on lips before putting on lipstick will help you achieve an even and smooth colour finish.



Anjana Raju is a certified makeup & image consultant in Singapore. She is passionate about helping women achieve success through confidence in their own Image. She holds certifications from ImageAsia, The London Image Institute and Cosmoprof Academy. She offers consultations on dressing & makeup and is a Singapore certified trainer and AICI member.

5 Home Decor Tips

1. De-clutter

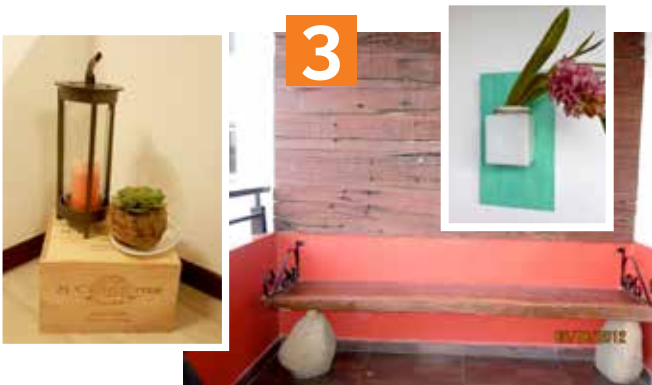
The idea of living a simple life with less things around sounds very attractive. All of us want to do it but don't have the heart to put away that favourite Buddha statue or that favourite urn from Greece. Don't think too much, just put it away and recirculate every few months and see the magic unfold. Use that one statement making focal piece.



1

3. Bring the 'outside' in

Use funky and quirky containers to show off summer flowers and your indoor plants. That old serving bowl, picnic basket, old wine crate, water pitcher, old pickle jars add just that extra fun element. Use natural materials such as wood, stone, breathable fabrics for your furnishings.



3

5. Fun with Chalkboard Labels

Chalkboard labels not only help you stay organized but get attractive results in 3 EASY steps: Write, Peel and Stick. Endlessly REUSABLE - you can switch contents for your jars whenever you need - Effortless Wipe Off the writing.



5

2



2. Don't be afraid of colours

Colour, colour, colour...I can't get enough of it. Are you one of those colour-shy folks that likes to stay neutral inside your house for fear of... fear of... fear of WHAT? Now more than ever, it's easy to experiment with that pop of colour. Why? Because things aren't so matchy-matchy any more.

Don't play life so safe all the time. Express yourself, paint that wall, paint that old table, use colourful cushions, hang bold art work and transform the space instantly.

4. Give a whole new life to your old furniture

Paint your own old furniture or scour around second-hand furniture stores to find that unique piece you want to update. Give it a distressed finish or leave it matte. The choices are endless.

Be creative with the hardware. Hand painted knobs, Chinese antique hardware work well with old pieces.



4



A computer engineer turned interior designer, **Hetal** loves to create anything quirky and paint old furniture.

A hidden jewel on the Tea Horse Trail

by **Sukanya Pushkarna**

This month IWA Travel Club recommends a trip off-the-beaten-path to Shaxi on the ancient Tea-Horse Trail in China's Yunnan province.

The southwestern Chinese province of Yunnan may not be on most first-time-China visitor's itinerary but given its beautiful terraced rice fields, tea plantations, lush valleys, beautiful rivers, majestic snow capped mountains and sacred peaks, colorfully dressed minority groups, tremendous biodiversity and a string of ancient cities and villages, it could be any traveller's dream destination.

In the north west of Yunnan, nestled among a verdant valley, between the well known ancient towns of Dali and Lijiang lies Old Shaxi Town.

Once a bustling marketplace, Shaxi (pronounced Sha-shee) is believed to be the last remaining ancient market town of its kind on the Tea & Horse Caravan Trail. Sometimes called the Southern Silk Road, this trail was a vast network of trading routes that connected Tibet, Sichuan, and Yunnan to countries in Southeast Asia for centuries through harsh terrains, over mountains and rivers. As the name suggests, the trails were most well known for the trading of Chinese tea for Tibetan horses during the Tang and Song dynasties. Just as silk wasn't the only commodity traded on the silk roads, the Tea Horse Trail also saw the exchange of other goods such as salt, precious metals, furs, animal hides, textiles and medicines, as well as the movement of peoples, religions and cultures. The Tea Horse Trail was in operation right up to the mid-20th century.

Designated as UNESCO World Heritage Site in 2001, and only recently connected by high speed expressway to other destinations in the region, Shaxi has remained relatively untouched by the hands of time. Cobble streets, weeping willows, old horse stalls and small courtyard guesthouses that were once used for muleteers along the trading hub, are all being preserved in Shaxi to reinvigorate its economy. It is one of the most intact and beautiful villages along the ancient Tea-Horse Trail today.

The main market square, once the hub of international trade, is generally a beautiful and tranquil space. Framed by a three story performance stage in the Ming architectural style opposite a large temple that today functions as a museum, the square is still used by locals in the evenings for traditional dancing and for the famous Friday market. Just beyond the square, through the village gates, we can see the remains of a bridge on the ancient Tea Horse trail. The horses tethered to trees along the banks, the willows rustling gently in the breeze, the beautiful local bai people going about their daily chores unhurriedly- it

truly is out of this world! Many of the traditional homes on the streets leading to the square have now been converted to hostels and coffee shops so one can almost imagine the life of the traders as they passed through this little town on their long and arduous journey.

Getting there: fly directly into Dali or Lijiang airport and then drive for 90 minutes in a private car. It is also accessible by public buses from these cities.

Other things to do: drive or trek up to the Shibao mountains to see some of the oldest Buddhist temples and inscriptions in China.

Places to stay: we highly recommend the recently renovated Old Theater Inn about 10 minutes from the center of town.



Plank Art

Indian Women's Association (IWA) artists and community members collaborated with Siglap South CC to paint 200 planks on the theme of "Arts of Wonder-One Nation". These planks are being displayed all over Singapore at various events to promote the theme.



Artists: Ruchita Chheda, Monica Dovedy



Artist: Harshini Sudarshan



Artist: Sangeeta Charan



Artist: Mona Singhania



Artists: Sandhya Wadhvani, Shyama Nadimpalli, Anila Ayilliath



Artists: Primla Saxena, Kavita Sachdev, Kanak Kiran



Artist: Kumuda Krovvidi



Artists: Aarti Bartake, Anjum Motiwala, Varsha Patil, Suchita Babar



Artist: Alpna Ahuja



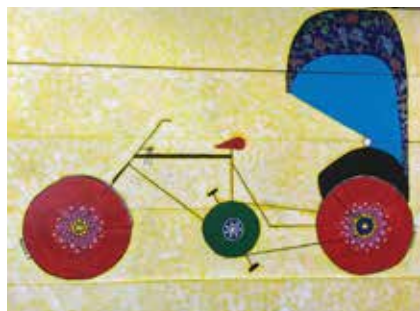
Artist: Shaily Badkul



Artists: Abhipsha Arora, Vinnie Mehta



Artist: Anjum Motiwala



Artists: Ruchita Chheda, Monica Dovedy



Artists: Shradha Kaneria, Kumuda Krovvidi



Artist: Mona Singhania



Artists: Sonali Naik, Preeti Rajadhyax





A Woman's Mid-Life Transition

In your life, you will experience telltale signs that your body is changing. If you are above 50 and experiencing irregular menstrual cycles, hot flashes, vaginal and urinary symptoms, mood swings or difficulty in sleeping at night, menopause could be knocking on your door.

Dr. Shamini Nair, Specialist in Obstetrics & Gynecology & Consultant in Raffles Women's Centre has more than 20 years of experience in Menopausal Medicine. She shared that more women experiencing menopause are seeing doctors with their husbands, so that they can understand what they are going through. For instance, a common concern is vaginal discomfort which an estrogen cream or tablet may be prescribed.

Menopause at a Glance

- Menopause is defined as the absence of menstrual periods for 12 consecutive months. It is also the time when the function of the ovaries ceases.
- Menopause symptoms usually continue for four years after the last period. For some, it can extend to 12 years.
- The average age for menopause is 50 years old. Menopause can occur between 30 to 60 years old.
- Menopause before 40 is considered "abnormal"
- Menopause is a gradual process. The peri menopausal transition period is a different experience for each woman.
- Not all irregular bleeding is due to menopause and a visit to the doctor's is required to exclude other disorders.
- Symptoms of menopause may begin years before the actual menopause occurs and may persist for some years afterward.
- Complications that women may develop after menopause include osteoporosis and heart disease.
- Customised treatments can alleviate uncomfortable symptoms and manage associated medical complications.

Ways to Stay Healthy

Maintain healthy weight. Do cardiovascular exercise such as walking, jogging or dancing at least 30 minutes 5 times a week. Regular exercise helps to release endorphins which can positively contribute to your emotional well-being.

Being involved in support groups with other women and participate in meaningful activities that remove feelings of inadequacy.

Stop unhealthy habits like smoking as it contributes significantly to the risk of cervical cancer and makes the skin dry and dull.

Make sure you get enough calcium and vitamin D to prevent osteoporosis. (RDA: 500mg per day pre-menopause and a glass of milk contains approximately 250mg). Weight training exercises are beneficial in increasing bone density and reducing the chances of osteoporosis.

Have low-calorie nutrient packed foods that are high in fibre and rich in vitamins and minerals. Besides plenty of fruits, vegetables, it is recommended to have a daily intake of B12 from fortified foods such as wholegrains, cereal or supplements.

"Menopause is a natural transition in life and it is important to remember that many of the troubling symptoms are transient and can be treated according to individuals. However, Indians tend to have a higher risk of diabetes, heart problems and osteoporosis. It is even more important that one has to maintain a healthy lifestyle and go for regular gynecological checkup," advised Dr. Shamini Nair. Schedule your health screening yearly including pelvic and breast exams, Pap tests and mammogram. If you are above 50 years old, it is also important to include a screening endoscopy with or without a family history of cancer.

Make this stage of life as a new beginning. This is a time when our sense of meaning and purpose in life as women change - both a return to girlhood and a shift forward into maturity - an opportunity for transformation and growth.

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For enquiries, please contact **Doris Tay at 6311 2047 or email tay_doris@rafflesmedical.com**

Understanding Depression - A talk

by Anuradha Shroff

IWA announced a talk on Understanding Depression on 27th July and was met with an overwhelming response; we had touched a chord among our members.

A known celebrity shared her journey in identifying her depression, facing it, treating it and recovering from it. This was an insider's view out publicly and helped change the perception on depression, a topic which had been taboo and was now being discussed.

'Depression exists without you knowing it, even denying it. It is not an illusion. You don't even know you are in it. It takes a while before you realize it.'

'I hate getting flashbacks from things I don't want to remember.'

'Depression is not a sign of weakness, it means you have been strong for too long'.

Feeling low, disconnected from the world, not appreciating life, not being able to get out of bed, feeling drained and so many more mental and emotional feelings that continue for more than two weeks are classified as depression but the affected are unable to identify or acknowledge it.

The discussion was very timely; IWA supported Project Smile and the play "Mindless Whispers" which brought out stories of four different women that resonated with the audience.

The speaker for the event, Hema Gurnani, is an eminent counselor and gave us great insights into the issue. A few important ones are that depression is a medical condition like any other and needs to be identified and treated professionally. It cannot go away on its own and timely professional help is a must. A depressed person cannot self diagnose the situation and if family, friends and close loved ones sense a change, they should try and bring the affected patient to the counselor immediately to prevent further damage.

Depression has many stages and the counselor can help identify and guide the right treatment for it. It is fully curable with the support and commitment of both the patient and counselor. In today's world, anyone who is not able to overcome the stress of life for more than two weeks and is not able to come back to their normal routine, should meet a counselor. Timely intervention can be resolved more easily without any medication and only counseling.



Anuradha Shroff – A mother, wife, avid book reader, music lover, passionate finance professional and enthusiastic volunteer.

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Gourmet Goddesses

This Malpua recipe is from Payal Mandal who picked it up from her mom.



Ingredients for Malpua batter:

- 250 grams all purpose flour (maida)
- 3 pinches of baking soda
- 2 spoons fennel seeds
- 3 cups of milk
- 1 medium size banana
- 50 grams of cream
- 2 or 3 spoons of grated coconut (or chopped fine)

Ingredients for Sugar syrup:

- 3 cups sugar
- 1 cup water
- Cardamom seeds
- Some Saffron threads

Making Malpua batter

- Combine all purpose flour, fennel seeds, coconut, baking soda and mix well. (You can also add a little vanilla custard powder for a delicious variation)
- Blend banana and milk together and add to the mixture
- Stir the mixture into a thick flowing batter without lumps
- Allow the batter to rest for 30-40 minutes

Making sugar syrup

- Heat the sugar with water on low flame
- Add the cardamom and saffron to this mixture
- Stir well until all the sugar melts to a half string or 1 string consistency

For the Malpua

- Heat oil or ghee in a frying pan. Keep the flame low.
- Take 2-3 tablespoons of the batter and gently place it on the hot ghee/oil. Make sure you do not overcrowd the pan
- Fry on low to medium heat until it becomes crisp and golden. You will have to flip the malpuas a couple of times
- Remove the malpuas from the oil when done and put them on a paper towel for a few seconds to drain out excess oil
- Immediately drop them gently into the warm sugar syrup for around 10 seconds
- Remove them from the sugar syrup and place them onto the tray.



Payal is a homemaker and is a powerhouse of talent. She has an incredible artistic bend whether it is singing, dancing, glass painting, making soft toys - she takes it all in her stride.

Vegetarian Kofta Curry

by Archana Dubey

Ingredients:

- 1 cabbage (medium sized)
- 2 carrots
- 2 large onions
- 3 tomatoes
- 1 inch ginger
- 1 green chilly
- 10 tablespoons Gram flour (besan)
- 60 Raisins
- 1 tablespoon sugar
- 1 tablespoon yogurt

Spices:

- 2 tablespoons coriander powder
- 1 teaspoon chilli powder
- 1 teaspoon turmeric
- 1 teaspoon Garam masala
- ½ teaspoon Asafoetida (heeng)
- salt to taste

Garnish

Parsley leaves and Cashew nuts, two spoons fresh cream (optional)

Making the koftas (makes around 12)

- Grate cabbage and carrots.
- Add 1 teaspoon salt, finely chopped green chilly and Asafoetida.
- Add gram flour a little at a time till you get a dough-like consistency & you can roll it into small balls or oblongs (no water is to be added).
- Insert 4 raisins inside each ball and fry them on medium heat till they turn golden brown.



- Take them out of the pan and place them on a paper towel to drain excess oil.

Making the Gravy

- Grate onions, tomatoes and ginger or blend into a puree using a food processor.
- Heat oil in a pan and fry onions till they become soft.
- Add tomatoes and all the spices.
- Add 2 tablespoons of water, 1 tablespoon yogurt, 1 tablespoon sugar and mix well. The sugar gives it a sweet and sour taste.

To serve, spread the kofta balls in a serving dish, add the gravy on the top. Garnish with parsley leaves, cashew nuts, 2 teaspoons fresh cream (optional).

Rithu Patke has this traditional method for sprouting any dal. Soak the dal or beans for 2-3 hours and then strain them in a colander. Cover & keep them overnight, preferably in a dark place (Rithu keeps it in the microwave). In the morning you will have your sprouted dal.

Archana

Jain uses this ready-made sprout maker for sprouting dals. There are three compartments to sprout three different kinds of dal if you wish. It is readily available in India.



Abhinika Mittra's

tried & tested tip for softer rotis is to add warm water, warm milk and a wee bit of oil while kneading the dough. Leave it for about 15 mins and watch the rotis come out nice & soft!

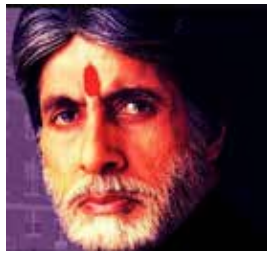
Mona Singhania says kneading the dough with milk at room temperature and a little salt should give the same result.



Anita Goenka's tip is to add lemon while cooking lady finger (bhindi) to stop the stickiness. She also adds lemon to the besan batter to make crisper pakoras that consume less oil!



Archana, a Singapore resident for more than 20 years, believes that learning and creativity should never stop. After taking a break from her teaching career of several years, her current projects include learning Conceptual Drawing, writing a guide for Learning Mathematics and writing a recipe book for her grandchildren.



LET'S GO TO THE MOVIES!!



Match the images of iconic characters from Hollywood & Bollywood to their screen names.

Compiled by Alka Joglekar



BILBO BAGGINS

HOLLY GOLIGHTLY



ROCKY

KEVIN MACALLISTER

KABIR KHAN

HAN SOLO

DON CORLEONE

RAHIM CHACHA



MARY POPPINS

BHUVAN

SHER KHAN



CHAMELI

RAJU

SHASHI GODBOLE

MEENAKSHI IYER

PRINCESS LEIA

MOGAMBO



DOROTHY

NARAYAN SHANKAR



HANNIBAL LECTER

PRINCE



Answers on the next page





Mark these days in your calendar every month!!

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY		Swami Home		
TUESDAY		*** Writing Enthusiasts	*** Writing Enthusiasts	Adda Club
WEDNESDAY	Mahjong and Scrabble		Mahjong and Scrabble	
THURSDAY		Book Club	Music Club	
FRIDAY	Creative Hands		Creative Hands	Movie Club
SATURDAY				
SUNDAY		Fitness Club+++	Fitness Club+++	

*** either 2nd or 3rd Tuesday

+++ either 2nd or 3rd Sunday

Please note that the above timings may change due to public holidays or any other special event. It is always best to check our weekly newsletter or our website for latest updates!

The Book Club will read

- A House in the Sky by Amanda Lindhout in September
- When Breath Becomes Air by Dr. Paul Kalanithi in October
- Americanah by Chimamanda Ngozi Adichie in November

The Music Club will host the "Annual Music Gala Night" on 11th November 2017. Watch our website for more details closer to the date!

The Writing Enthusiasts' Club and Book Club present a Meet-the-Authors event at SMU Library on Monday, 2nd October 2017.



Score yourself 1 point for every correct answer & find out what kind of a movie buff you really are!

Above 17 points – Big Boss!!

Between 12-17 points – Need to watch more movies!

Between 5-12 points – Movies is just a way to pass the time!

Below 5 points – Clueless!!



Amir Khan as **Bhuvan** in Lagaan



Amrish Puri as **Mogambo** in Mr. India



Sridevi as **Shashi Godbole** in English-Vinglish



Amitabh Bachchan as **Narayan Shankar** in Mohabbatein



Kareena Kapoor as **Chameli** in Chameli



Shahrukh Khan as **Kabir Khan** in Chak De!



Konkana Sen Sharma as **Meenakshi Iyer** in Mr. & Mrs. Iyer



Macaulay Culkin as **Kevin Macallister** in Home Alone movies



Marlon Brando as **Don Corleone** in The Godfather movies



Pran as **Sher Khan** in Zanjeer



Carrie Fisher as **Princess Leia** in Star Wars movies!



Rishi Kapoor as **Raju** in Mera Naam Joker



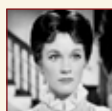
Judy Garland as **Dorothy** in The Wizard of Oz



Sir Anthony Hopkins as **Hannibal Lecter** in Silence of the Lambs



Sylvester Stallone as **Rocky** in the Rocky movies



Dame Julie Andrews as **Mary Poppins** in Mary Poppins



A.K. Hangal as **Rahim Chacha** in Sholay



Martin Freeman as **Bilbo Baggins** in The Lord of the Rings movies



Harrison Ford as **Han Solo** in the Star Wars movies



Audrey Hepburn as **Holly Golightly** in Breakfast at Tiffany's



Dev Anand as **Prince** in Jewel Thief

Beyond Social Services



Donation of fruits, groceries, guitars and henna application to H.O.M.E beneficiaries. Laptops donated during a Heartbeat session of TWC2. IWA members registered with TWC2 regularly help workers with their case paperwork with translation into several Indian languages.



Inclusive Awards ceremony

Guests at the table (from Left to Right): Member and President from Myanmar Club, Ms Sudepta Sengupta (Vice-President IWA), Ms Grace Fu, Minister for Culture, Community and Youth, Ms Garima Lalwani (President IWA), Associate Professor Fatimah Lateef, Advisor to Marine Parade GRC GROs, Member and President from University of Philippines Alumni Association, PA INC Leaders from Bishan-Toa Payoh GRC and Moulmein-Kallang GRC.



To celebrate India's independence, IWA supported the play 'Project Roop Kaur' directed by Edmund Chow. Based on real stories of women during India's partition, the cast of 15 included IWA committee member Jyoti Verma and ex-President Subina Khaneja.



Summer Bazaar



SWAMI Home



Acts of Kindness Club



Adda Club

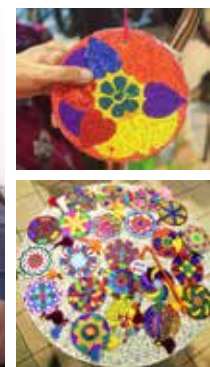


Book Club





Creative Hands Club



Entrepreneur Club



Fitness Club



Gourmet Goddess Club



Movie Club



Music club



Mahjong Club



Travel Club



Writing Enthusiasts' Club





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