

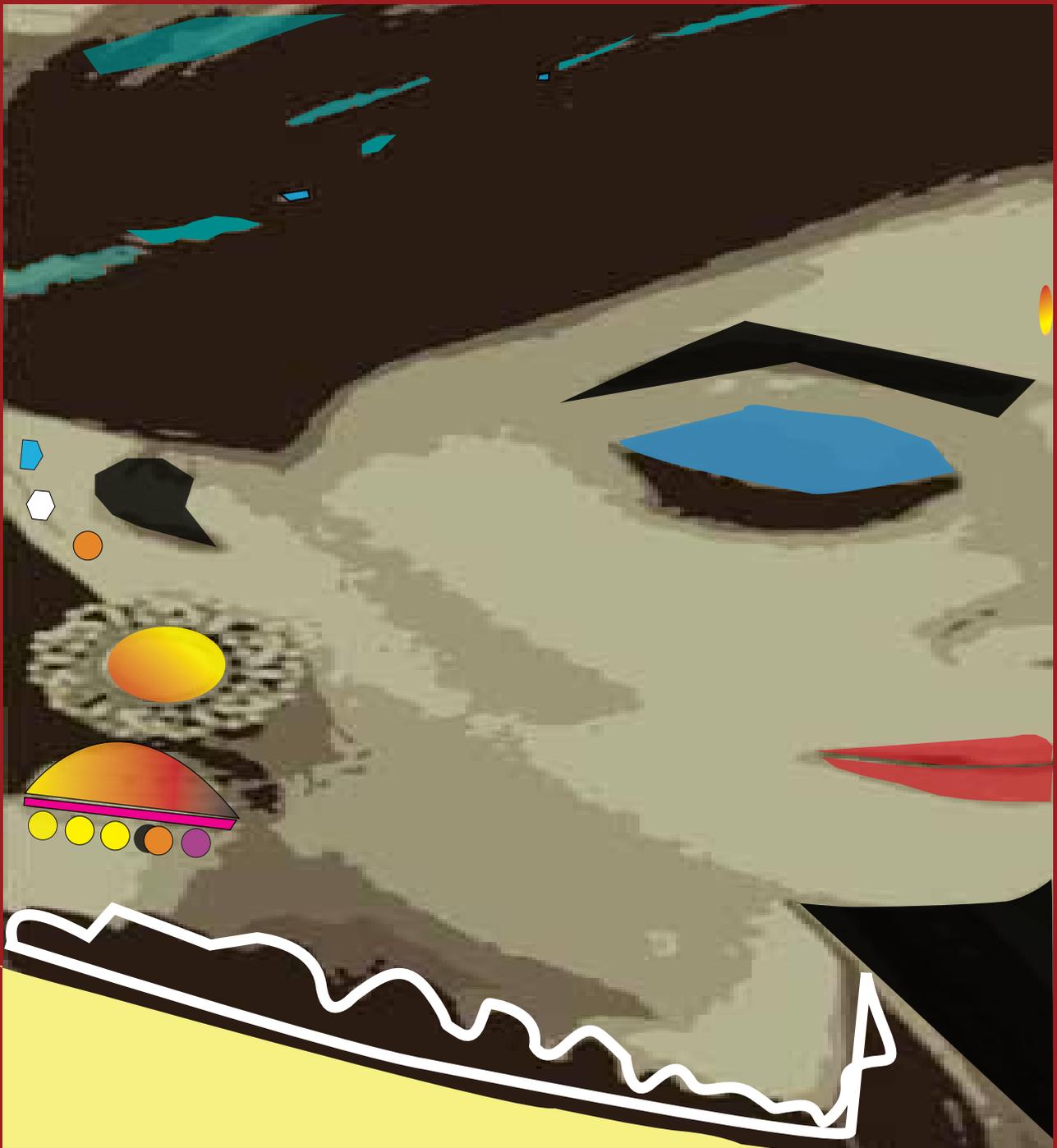


# IWA DHWANI

Indian Women's Association

September 2018 • MCI (P) 143/05/2013

Sounds of IWA, Singapore



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## ERRATA

*The name of Raji Viswanathan  
as Summer Bazaar Advisor was  
inadvertently missed from the Committee  
Members list in the April issue of Dhvani.  
The omission is sincerely regretted.*

# LETTER FROM THE PRESIDENT



Dear Members,

I am humbled, honored and privileged to assume the role of President of the Indian Women's Association, Singapore. I'd like to thank outgoing President Garima Lalwani, for her outstanding contributions to IWA during her presidency, and the members of the Executive Committee. I am inspired by their commitment and all their achievements. Indeed, the growth of IWA has been propelled collectively by all past presidents, committee and all the members of IWA. I look forward to continuing this important work towards fulfilling the vision and objectives of the association.

In this endeavor, I am joined by my colleagues on the Executive Committee - Anuradha Shroff (Vice President 1), Gowri Aiyar (Vice President 2), Rajashree Viswanathan (Treasurer), Selme Singh (Secretary) and Tejali Sarangdhar (Assistant Secretary)

It has been a very exciting time since we resumed in July after the summer break.

From learning fitness format of belly dance, to volunteering and celebrating with SWAMI Home, TWC2 and HOME; from singing and dancing welcoming the monsoons, to meaningful and insightful discussions on

self-worth and materialism; from learning tips on how to ace an interview and marketing in the digital world, to learning to cook Thai recipes from a celebrity chef; from discussing books, movies and writing styles of authors, to playing games of mahjong, scrabble and bridge; from a kids' outing to the future world exhibition, to learning the art of paper quilling - it has been wonderful seeing my colleagues bring meaningful content through vibrant and diverse activities to engage our members.

We are committed to remaining relevant to not only our members but also to the community at large.

The festive season is upon us and so is our IWA Festive Bazaar 2018, the happiest bazaar in town. Amidst the festive joy, we invite all vendors, shoppers and members of the public to join us in our "less plastic is fantastic" campaign. With more than 80 vendors bringing in their best products from India, Philippines, Hong Kong and Italy, it's time to shop for the best deals of the year! We look forward to seeing you on the 11th of September.

In the spirit of volunteerism and sisterhood,

**Chandan Lehal**

## ON THE COVER:

### Woman

A woman has always put herself last while playing different roles and adding meaning to the lives of those around her... but not anymore! Today's woman may be traditional in looks but is unconventional in her outlook - strong inside and out.



*Kavita is a Digital Marketer by training and is passionate about creativity through design. She likes to write short stories and create graphics for visual storytelling.*

## IWA Committee 2018

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# From the Editorial Team

## Being a Woman in 2018

Writing about being a woman in 2018 is like arguing from both sides of a debate! On one hand, we have strong women who have shattered glass ceilings on many fronts while on the other, there are those who are still shackled by obsolete 18<sup>th</sup> century ideas. For every woman who has the freedom to choose for herself – a career, a partner, motherhood – there are many others who are following the path earmarked for them by society.

In this issue we have poems and articles sent in by our members talking about the lives of women today – where we are strong and where we still need to work on ourselves.

Here's to strong women – 'May we know them. May we be them. May we raise them.' - *Anonymous*





# Taste of Eid



IWA participated in 'Taste of Eid' organised by Siglap South CC IAEC. The unique event brought together 300 guests - wheelchair bound seniors from Shree Narayan Mission, migrant Bangladeshi workers and residents of Joo Chiat. The Chief Guest was Mr. Edwin Tong, Senior Minister for Law and Health.



# Today's Woman *By Aruna Shahani*

Literate or illiterate,  
to hold reins of her fate  
she is gaining  
a new awakening.....

Along with love  
she commands respect.  
Her tender self  
she is learning to protect.

Once considered weak  
she's striving to be strong.  
She writes lyrics of her destiny,  
wants to sing her song.

She loves to sail  
in waters  
that for her, so far  
were unchartered.

Her grace matched  
with her strength,  
neck and neck,  
she walks along with men.

Her silky soul  
is tough now.  
Without a reason  
she will not bow.

Tears are not meant for her  
she likes to only smile.  
To the world she wishes to prove  
she is special, not fragile.

Fond of defying wrinkles,  
she also defies  
many other things  
that she doesn't like.

Now, her battles,  
she doesn't fight alone.  
Aware, wide eyed,  
holding hands of her herd  
she achieves her cherished goals.

Adventurous, she loves  
to face new challenges.  
At one time, with ease,  
many tasks she manages.

Smartness and self- esteem  
are her substance.  
She is keen to grow, develop  
with patience and persistence.

She looks for her freedom  
by growing her own wings.  
She wants to shape her future,  
in her own way do her things.

Are you trying to extinguish  
that burning flame within her?  
Sorry, you've got  
a wrong number.  
Please do not dial again;  
this line is busy forever.



**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 from a Yoga University, she came to  
Singapore 9 years ago with her husband who is  
also a doctor.*

# What Does Inequality Look Like?

*By Tara Dhar Hasnain*

You ask,  
Challenging me,  
"Show me what inequality  
looks like".  
Ok, let me try.

It's the poor schoolboy  
Whose mother can pack  
him no food,  
Pretending he isn't hungry,  
As he watches his  
schoolmates eat.

It's the little girl  
Whose father can't buy  
her text books,  
Leave alone ballet classes  
or tuition,  
While her classmates  
go on foreign trips.

It's the man scouring  
through dustbins  
Pulling out empty cans to sell  
To the scrap dealer  
For a few extra pennies.

It's the old woman  
Bent with age and stiffness,  
Carrying the leftover trays  
Of tai tais out for a leisurely  
lunch.

It's the tired man soldiering on,  
Putting on a brave smile,  
Pretending he's okay,  
While pawning every precious  
thing.

Most of all,  
It's the daily hurts,  
The deprivations, the insults,  
Implying the poor are lazy, good-  
for-nothings.

Obviously shocked,  
You reply:  
"Can this be happening  
In my caring, compassionate  
country?"

Judge for yourself,  
But open your eyes wide  
To really notice  
the almost invisible ones.



**Tara** has worked as a  
university teacher most  
of her adult life, including  
as permanent faculty at  
Delhi University for many  
years, and at SMU as  
adjunct faculty. She loves  
books, and is currently an  
editor with a renowned  
publishing house.

# Being a Woman in 2018

*By Puja Chandra Nanda*

**B**eing a woman in 2018 means having wings but choosing often not to fly. It means having the ambition to conquer the world but setting that ambition forever on standby. Being a woman in 2018 means doing your work and the man's work too, juggling so much, stressing so much every day without as much as a sigh!

Being a woman in 2018 means teaching your son to cook and your daughter how to fight. But for yourself, you still have societal norms and high standards to live by. A daughter, a daughter-in-law, a wife, a mother – you have many roles to portray,

Being a woman in 2018, is it any different for you, if you let the days just roll by? Being a woman in 2018, is it any different for you, if you don't give yourself some respite? From archaic rules and patriarchal norms and setting yourself there as a sacrificial doll!

Be a woman of 2018, make your rules and break them too. Stop glorifying the sacrifice, ditch the stereotypes, now live life too! With zest and laughter and careless abandon, chase your dreams and catch them too. Hey woman! Don't be just any woman in 2018; own this year, make every moment count!

Be that woman in 2018 who makes herself happy too!



*Puja Chandra Nanda is an ex-finance professional who switched to a part time career in freelance writing and research 8 years back. She holds the cause of women empowerment close to her heart and likes to volunteer her time and skills to it. Puja is a devoted mother to two spirited young boys and in her free time, loves to read, listen to music and go for long walks. A cup of hot ginger tea is essential to kick start her day!*

*By Rohini Ghosh*

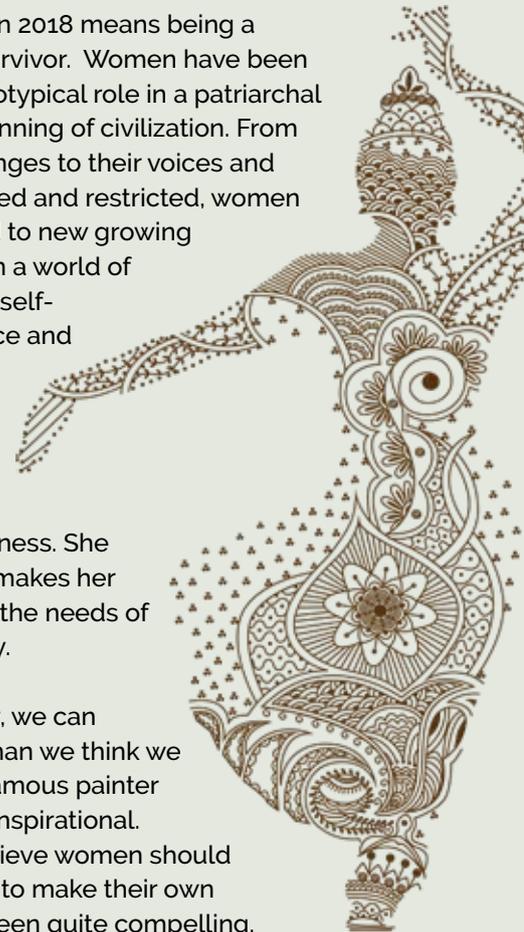
**B**eing a woman in 2018 means being a fighter and a survivor. Women have been playing a stereotypical role in a patriarchal society from the beginning of civilization. From having to face challenges to their voices and opinions being silenced and restricted, women have now progressed to new growing and changing roles. In a world of religious intolerance, self-centeredness, violence and exploitation, we find the emancipated modern woman being an emissary of love, compassion, goodwill and selflessness. She multitasks smilingly, makes her choices according to the needs of the family and society.

"At the end of the day, we can endure much more than we think we can" - words by the famous painter Frida Kahlo are truly inspirational. Being a feminist, I believe women should be given equal rights to make their own decisions. 2018 has been quite compelling. With the Times Up movement and the Woman's March, strong and powerful messages are being sent out across the world and support is being given to one and all to push back.

My parents didn't raise us, my sister and I, any different from a son. We both got opportunities and were encouraged to pursue our dreams. I thought this was the norm until I became older and realised that that was not true. I have been surrounded by many strong-willed women who have been my role models. I feel that the privileges that are enjoyed by us today are due to the struggle and perseverance of the earlier generations who gave us this chance to achieve what they could not. Where 'Shakti' is worshipped, the empowered women of 2018 need to be recognised and respected but we still have 'miles to go'....



*Rohini holds a post graduate degree in Commerce but enjoys being a creative enthusiast rather than looking through the accounting records. She is a movie buff and loves reading, exploring new places, trying out different cuisines.*



# GIRL 2018- REWRITTEN

By Azeena Badarudeen

**W**eakened from the excruciating pains of labour merely hours before, Sheena looked at the bawling infant tenaciously tugging at her pallu, willing her tears to move her enough to lift and nourish the baby. But Sheena's maternal instincts seemed to have been numbed, her ears deaf to the pitiful cries of a child seeking only what's rightfully hers - her mother's milk. The infant was Sheena's fourth child and third daughter. Relatives, neighbours and friends whispered into her son's ears, "You now have **THREE** sisters. Please take good care of them. You cannot rest until they have all settled in life." 12 year-old Suneer looked at them, fear and anxiety creeping into his heart, as they left the maternity ward, heaving heavy sighs.

BUT IT IS 2018 and this is how HER STORY WILL be written.

Weakened from the excruciating pains of labour merely hours before, Sheena smiled at her husband who was cradling their bawling infant daughter, cooing and playing with her. The infant's crying aroused Sheena's maternal instincts, prompting her to reach out to her child, gently plucking her out of her husband's arms and bringing her to her breast.

Sheena's two older daughters and her only son, Suneer formed a small circle around their newborn sister. They took an oath, led by Suneer. "Dearest baby sister, we, your older siblings, promise to look after you no matter what. We will ALL make sure you receive nothing but the best. This is our promise to you."

Sheena, her husband and the well-wishers who came to see the baby, were filled with happiness, assured that the newborn would be loved, cared and protected in a safe and nurturing environment.

This is 2018 and *she* is a loved individual who is cared for equally by the males and females of her family.



*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.*

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## Being a woman in 2018

By Mita Bhatt

Girls are raised to be ashamed.  
Ashamed of the clothes that fit.  
Ashamed of yearning for a career.  
Ashamed of falling in love.  
Ashamed of their not-so-round roti.

I was raised differently,  
raised to conquer my destiny,  
raised to rule my own life.  
Shame was nowhere to be seen.

Out of the blue came an assignment!  
I was asked to track down shame.  
To extract it, to address it,  
to bring it down on a paper.

Endless wondering and pondering,  
head scratching and soul-searching,  
Digging and excavating.  
Alas, shame I could not find.

Perhaps, my soul was colourless,  
pure as water or like clear blue sky,  
could the shame have melted in it?  
Had my soul absorbed it?

Maybe I was that damsel without shame!



*An engineer by profession, Mita devotes most of her time teaching. She loves her languages and mathematics alike. A mother to two beautiful and intelligent girls, she finds inner peace through mandalas, meditation and poetry.*

# Changing Portrayal of Women in Bollywood

By Hetal Shah

She was meek, docile and vulnerable. She was the ideal homemaker, a caring mother, an obedient daughter....the list is endless. She was hidden under her husband's shadow or her father's orders. That is how heroines were initially portrayed in Indian cinema. Bold characters were often only the vamps. From a damsel in distress to a figure of power, female protagonists are now being portrayed in a more realistic manner. Slowly but steadily filmmakers have started touching upon bolder topics where women are being given space and freedom to express themselves.

Bollywood is now showcasing women not just as eye candy, a trophy wife or an item number. This change is a result of the changes being witnessed in the society at large where women are taking determined stances. The transition from meek to educated to employed to opinionated to the one with power took place gradually.

One of the first few films to showcase the changing dynamics of a female character was the iconic "Mother India" (1957). It portrayed the inner strength of a woman and her grit and gumption with which she fought against the toughest problems.

In recent times, what is considered a taboo subject, is being discussed and brought out in the open in Bollywood. Female sexuality has long been a hush hush topic in India. A few years ago, Bollywood actor Vidya Balan put it so succinctly on a popular chat show after her film "Dirty Picture" (2011), "Women like it, want it, need it as much as men do."

Films such as "Lipstick under my Burkha" (2016) and "Veere di wedding" (2018) have broken the women stereotype. With female sexuality now boldly becoming a part of mainstream entertainment, the trend is breaking the awkward Indian silence over this subject. There were instances in the film when there was pin drop silence in the audience except for a few stifled laughs..... yes, we still feel awkward.

"Pink" (2016) is a film that shows that a woman in a micro mini does not give a man license to rape because she is not dressed conservatively. Movies like this allow us to discuss whether a wife can be raped by her husband or if a prostitute can be raped even though she earns a living by soliciting sex.

The audience is now open to seeing women in different avatars. Kudos to Bollywood - although it has come a long way, it has a much longer way ahead!



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

*A Passage Through Time ...*

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# A Story of Jewellery

By Rashantha Therese Devanesan



From the earliest of documented history, we find that men and women have adorned themselves with jewellery. A study of these artifacts often illuminate ancient cultures and customs, thereby enabling us to form a better understanding of evolving cultural and social communities.

For us today, jewellery is meant to enhance and beautify the wearer, but in ancient times it was not its sole function. In addition to adornment, wearing jewellery, both for men and women had a myriad reasons and uses. Some jeweled objects were worn as status symbols while others, amulets and medals, were worn to ward off evil and protect the wearer. Certain gemstones such as Carnelian, Lapis Lazuli, and Rock crystal were thought to have magic properties of healing and were worn both as protection and also to promote fertility.

In the Middle east, triangular and cylindrical objects of jewellery were credited with a protective function. For instance, the Turkmen piece of chest jewellery known as the 'Tumar' is a combination of a triangle and a cylinder shaped amulet case which usually

contained a protective proverb from a sacred text..

In Ancient India, in addition to wearing amulets made of gold and silver for their magical protective power or as a display of wealth, jewellery also conveyed several messages about the wearer.

The formal design of a piece of jewellery indicated religious beliefs, geographic origins, social and economic status, and in the case of women, whether she was single and available for marriage, married, or widowed (widows in rural and conservative communities did not wear jewellery). All this information was conveyed to a casual observer without a word being spoken.

Over time, various styles, and designs in jewellery evolved. A closer look at jewellery from ancient Uruk, the land of Gilgamesh (tablets portraying "the Epic of Gilgamesh" showing pictures of Gilgamesh wearing both bracelets and amulets) to the jewellery of Ancient Mesopotamia, Egypt, the Indus Valley and East Asia, provide striking resemblances that may indicate ancient trade routes and cultural influences of one civilization on another.

It is possible, for instance, to see marked similarities between the enameled jewellery of Turkmenistan in Central Asia and the Himachal region namely the Kangra district of Northern India. Likewise, similarities are evident in the design of sacred amulets of the southern Indian states of Andhra Pradesh and Kerala with the Central Asian regions of Oman and Yemen.

The story of 'jewellery' is actually a story of the movement and evolution of human societies and confirms the idea that in the end we all have similar desires and aspirations, making us all an interesting 'Whole'.



*Rashantha is passionate about jewellery and loves designing unique pieces. She is an avid reader and mother to 2 children and a dog.*



# Travel Tips

By Neena Mittal

A holiday is always exciting – be it exploring a new destination or revisiting a favourite haunt. But you can enhance the travel experience by getting the best out of your few days of holiday. This definitely needs some planning and organizing so here are a few handy tips to help make your holiday a memorable one.

## EXPLORE YOUR LOCAL CONTACTS

With the limitless online resources available to us, destination planning is easy; but an insider's tips gives it that little bit extra. For instance, some of the best holiday advice I got from my local contact was about authentic local food, whether an attraction is worth a visit or overrated or the best time of the day to visit an attraction. So call on your local contacts to get some insider tips.

## PACK SMART

Pack all your expensive and important items in the cabin baggage or your handbag. Pack a scarf or a shawl– an extra piece of cloth can be used in many different ways. You can cover yourself if it gets nippy, use it as a pillow or a sheet or as a headgear when visiting temples or mosques.

**Pack a few zip lock bags** – for food items that may require additional packing or to keep sensitive documents like passport/visa/insurance from getting damaged.

**Pack earplugs & eyeshades** – very useful for those long night flights or ones with boisterous children where you want to block unwanted noises or lights.

## PACK A CAMERA

Despite the smartphones revolution and the easy-to-use phone cameras, I do not discount the importance of standard cameras. For me, photographs are the best souvenirs to take away from my travels.

## STAY HEALTHY

Long haul flights, improper sleep time, close proximity with other tourists and temperature change may take a toll on your health. Get into a workout regime a few weeks before your holiday, boost your immune system and stay healthy during your travels.

## LEARN 100 WORDS

When visiting a country where English is not spoken widely, invest a little of your time and effort in learning at least a 100 basic words in the local language. Learning 100-words proved extremely useful for my visits to France and Japan!

## SCAN YOUR DOCUMENTS

Always store a scan of your travel document on your phone or laptop. Having a copy is a huge saving grace if you lose your passport while travelling. It expedites the legal process and saves time - it may take up to 3 weeks to process a duplicate passport in some countries.

## MEDICAL KIT

Your medicines are as essential as your travel document so packing a medical kit is a must. I label my medicines and have my prescriptions handy in case of any questions regarding my medication. Not all countries will let you buy medicines across the counter without a local doctor's prescription so I always carry some generic medicines while travelling.

**kadambari**  
Jewellery

*Antique Afghan,  
Moroccan, Tuareg  
and South Asian  
jewellery, reborn*

Viewing by appointment  
[facebook.com/kadambari.jewels](https://www.facebook.com/kadambari.jewels)



# IWA Connect



The Baby Gift Hamper scheme was launched by Ms. Indranee Rajah on 22nd May 2018 and IWA was the first partner to be invited by SINDA for the Baby Gift Hamper delivery to a beneficiary on 24th May 2018.



IWA volunteers and Paya Lebar INC Grassroots leaders worked together to host a fun event for the children from Hougang Sheng Hong Family Service Centre by reading stories, conducting yoga, making fruit kababs, leading an art activity and managing a photo booth.



IWA celebrated the 72nd Independence Day of India on 15 August 2018 at the High Commission of India in Singapore



Chandan Lehal, President IWA and Raji Viswanathan, Treasurer IWA representing IWA at SCWO AGM



▲ Mr. Devendran, CEO of SNM and IWA Executive Committee members at a tour of SNM with one of their oldest residents, 94-year old Mr Ramachandran.

▲ Chandan Lehal, President and Raji Viswanathan, Treasurer representing IWA at Sree Narayana Mission Volunteer and Donor Appreciation Event with Mr. Devendran, CEO of SNM.

IWA Executive Committee was hosted by the Second Secretary Ms Prerna Shahi. Ms Shahi complimented IWA's effort to connect with the Indian diaspora and discussed ways to engage with the IHC more actively.





## ASIA-EUROPE FOUNDATION



IWA at a Coffee morning for Ambassadors' spouses hosted by Ms. Lavinia Thanapathy at the Asia-Europe Foundation.



IWA at a focus group discussion, to seek ideas and feedback on the development of Singapore's Intangible Cultural Heritage inventory and to identify an element for UNESCO nomination.



IWA at the launch of an exhibition 'The Lives of Women: What Life was like for Women in Pre-Independence Singapore' organised by the Singapore Council of Women's Organisations and the Singapore Women's Hall of Fame.



IWA was invited to participate in a Networking Session with Global Partners "A Sense of Belonging through Volunteerism" organised by People's Association Integration Council on 7th of April 2018.

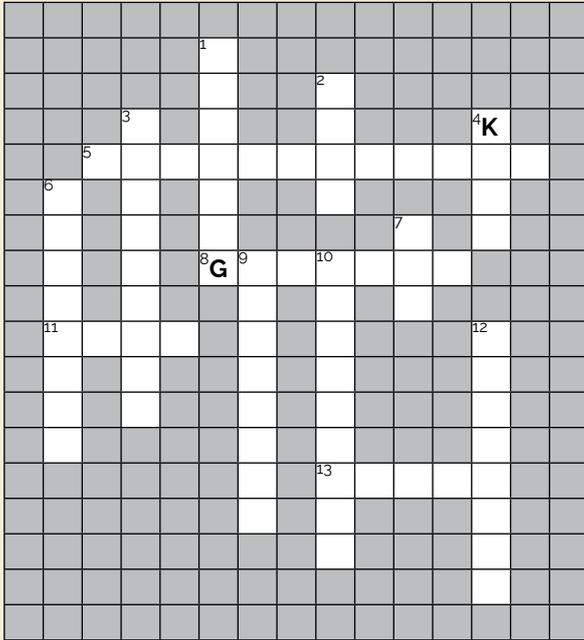
IWA members also put up a cultural performance consisting of songs, dances and original poetry recitation.



# Crossword

So Ladies, you think you have a good idea of what you reach out for on a regular basis?

Fill in the crossword and find out!



**Clues**

**Across**

- 5 A pretty lace-edged or embroidered item that we forever misplace (12)
- 8 What we resort to when we can't use our contact lens (7)
- 11 When credit cards are not accepted (4)
- 13 A lifeline from an older game show - 'I, a friend' (5)

**Down**

- 1 A catch-all for a lady (7)
- 2 A swipe of this for retail therapy (4)
- 3 All the germs in public places, take that! (3)
- 4 What we need to enter, which we forget to take when we exit. (4)
- 6 Simple or fussy, it works wonders to hold up hair in the severe humidity (4, 4)
- 7 Famous people need this to sign autographs (3)
- 9 A touch of this for the perfect pout! (8)
- 10 A simple device to correct wardrobe malfunctions (6, 3)
- 12 Sun or rain - be prepared! (8)

R	T	N	I	E	P	M	A	Q	X	T	H	M	F	A
E	P	U	H	N	R	T	S	K	F	D	X	N	S	W
Y	O	Q	K	Z	T	C	G	C	M	X	R	D	K	D
B	I	X	L	A	H	D	A	I	S	N	F	C	A	V
R	S	O	U	W	U	R	M	T	J	J	B	A	F	P
A	K	A	R	M	D	Y	L	S	H	T	N	V	H	T
X	H	A	N	D	B	A	G	P	H	O	N	E	C	Y
L	A	P	S	I	A	I	L	I	E	Y	U	M	Q	X
U	N	G	A	S	T	R	A	L	T	N	L	I	Z	P
J	D	S	F	H	R	I	S	F	E	K	O	B	J	B
T	K	D	E	F	L	B	S	W	T	R	P	M	K	N
F	E	E	T	P	W	H	E	E	X	Y	B	H	L	J
G	R	N	Y	V	A	J	S	V	R	Z	G	M	W	P
H	C	Y	P	S	G	Y	S	A	S	P	A	V	U	E
K	H	A	I	R	C	L	I	P	C	Y	G	Q	M	F
V	I	E	N	R	S	I	U	L	H	T	A	S	B	B
C	E	F	M	T	H	Y	R	I	K	E	V	T	F	U
W	F	G	E	Z	T	S	G	W	O	J	Z	S	E	Y
A	D	E	O	R	G	T	N	C	K	P	H	C	L	R

# Trivia

Can you guess the names of these famous women?

1. She headed one of the world's largest food and beverage business groups for 12 years before stepping down earlier this year. This Indian-origin woman has been ranked on several Forbes lists as one of the powerful women for several years and has become the International Cricket Council's first independent female director as well.
2. The first Indian woman to win an Olympic silver medal, this 23-year old has already achieved a World ranking of number 3 in her sport. She has won the Padma Shri, Arjuna award and the Rajiv Gandhi Khel Ratna in addition to an impressive list of endorsements.
3. She etched her place in history as one of the first and most influential woman at the helm of a major American newspaper. Born into a wealthy family, she moved in high circles, but also drew much respect for her work in a male-dominated industry. She also won the Pulitzer Prize for her memoir.
4. At 28, she has an impressive array of wins and endorsements under her belt, considering she turned professional when just 15. This stylish golfer is sponsored by one of the major shoe brands and has an impressive collection of sneakers that she often shares photos of on Instagram.
5. She is the world's youngest female head of the government and although she's been in power for less than a year, she became famous for going on maternity leave while still in office and has been hailed as an example of the gender equality movement.
6. She inherited the throne from her father 46 years ago and is the first female ruling monarch of her country after nearly 6 centuries following the rule of her namesake. A talented artist, she has also earned a reputation as Europe's most intellectual monarch. While she lost her husband earlier this year, she has rallied bravely, with popularity ratings soaring high.
7. Famous for sheer versatility of the characters she's portrayed on the silver screen, this actress has a record number of nominations for both the Academy awards and Golden Globes. To make it easier for you, she also acted in a movie starring as number 3 on our list.
8. An author who practically reinvented the short-story genre, her stories are characterized by frequent shifts to-and-fro in time. More recently, she became the first Canadian to win the Nobel Prize for literature.
9. Identify the Catholic nun from East Timor who won the Magsaysay Award earlier this year. She was recognized for her humanitarian efforts in starting self-help projects in healthcare, education and agriculture
10. At barely 29, this young Indian-origin biochemist has made waves with her cutting-edge research into Alzheimer's disease at Downing college, Cambridge University. She has won many accolades including grants and fellowships for her work on neuro-degenerative diseases. Identify this young woman who has made it to Forbes list of most influential women of 2018

# Maze

As an added twist, you could cross check your guess with the answers to the crossword clues hidden in the maze. But be warned, the words could appear in just about any direction!

# Tips for a Healthy Vegetarian Diet

**A** study done in 2010 estimated that there are 1.45 billion vegetarians of necessity and another 75 million of choice. Vegetarians make up approximately 38 per cent of the Indian population and 21.8 per cent of the world's population. Some have eliminated red meat but still eat chicken or fish while others are forgoing not only animal flesh but also animal-based products such as milk, cheese, eggs and gelatine.

In recent years, many studies have confirmed the health benefits of meat-free eating against the potential nutritional deficiencies. A plant-based diet is recognised as not only nutritionally sufficient, but also a way to reduce the risk for many chronic illnesses.

To ensure that you are receiving the optimum health benefits while practicing a healthy vegetarian diet, you will need to follow recommended nutrition guidelines. Here are some tips that you can follow:

- Eat a wide variety of fruits, vegetables and whole grains.
- Replace saturated and trans-fats with good fats, such as those found in nuts, olive oil and canola oil.
- Watch the calories. If you eat too many calories, even from nutritious, low-fat, plant-based foods, you'll gain weight.
- Practice portion control, read food labels and engage in regular physical activity.
- Consider supplements if your diet lacks essential nutrients such as B12.

## BENEFITS OF A VEGETARIAN DIET

A vegetarian diet has been linked to having a lower total and LDL (bad) cholesterol, blood pressure, and body mass index (BMI). All of these are associated with longevity and a reduced risk for many chronic diseases. Vegetarian diets tend to involve foods that are lower in saturated fats and calories, and higher in fibre, vitamin C and potassium. Vegetarians also tend to be more health-conscious and practice healthier lifestyle habits such as exercise, no smoking, no drinking. These may contribute to improvements in overall health.

### Heart Disease

Vegetarians are 25 per cent less likely to suffer from heart diseases. For heart protection, it is best to choose high-fibre whole grains and legumes, which are digested slowly and have a low glycaemic index to keep blood sugar levels steady. Soluble fibre also helps reduce cholesterol levels. Nuts have a low glycaemic index and contain many antioxidants, vegetable protein, fibre, minerals, and healthy fatty acids. Walnuts especially are a rich source of omega-3 fatty acids, which have many health benefits. The omega-3s (alpha-linolenic acid, or ALA) found in walnuts help to reduce total cholesterol and LDL (bad) cholesterol.

### Cancer

Vegetarians have a lower incidence of cancers because they have lower levels of potentially carcinogenic substances such as red meat, the risk factor for colon cancer.

### Diabetes Type 2

The risk of diabetes is also reduced to half as red meat, especially processed meats such as bacon and hot dogs are not consumed, and BMI, total calorie intake and exercise are adjusted.

## DISADVANTAGES OF A VEGETARIAN DIET

### Bone Health

Vegetarians may be at risk of getting insufficient vitamins D and K, which are essential for bone health. Although green leafy vegetables contain some vitamin K, they also need to rely on fortified foods, such as soy milk, rice milk, organic orange juice, and breakfast cereals, and should consider taking daily dose of vitamin D supplement.

Certain vegetables like bok choy, broccoli, Chinese cabbage, collards, and kale can supply calcium. Although spinach and swiss chard contain calcium, they need to be consumed carefully as they contain oxalates, making it harder for the body to absorb calcium. Moreover, the high potassium and magnesium content of fruits and vegetables reduces blood acidity, lowering the urinary excretion of calcium.

### Lower Immunity

Beef and lamb are two of the highest sources of zinc. So, your body may not have enough mineral to support your immune function. However, you may find the third-highest source of zinc in sunflower seeds, so include it in your diet.

### Anaemia

Animal proteins are the main source of iron to help blood cells transport nutrients throughout your body. Low iron levels can lead to a condition called anaemia, which causes fatigue, increased heartbeats and shortness of breath while climbing the stairs. It is a common problem that you can offset by bulking up on leafy greens, nuts, soy or even better, with dark chocolate.

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**RafflesHospital**  
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**Bibi Chia Hui Sze**  
Principal Dietitian  
Raffles Diabetes & Endocrine Centre

# Gourmet Goddesses



BY  
PUNAM  
JAIN

***Punam Jain** - a chef by choice, a loving homemaker, an avid traveller, an astute businesswoman. Her husband's pickiness with food brings in the innovativeness & her two adorable sons drive her to ensure the nutritional value in her recipes. With most spices & ingredients ground at home, her dishes not only look good, but taste even better!*

## Paneer Pudina Kulcha



### INGREDIENTS

**All purpose flour (maida)** - 620 gms  
**Baking powder** - 1 teaspoon  
**Baking soda** - 1/2 teaspoon  
**Salt** - 1 teaspoon  
**Yogurt** - 2 tablespoons  
**Milk** - 4 tablespoons  
**Coriander** - 10 gms  
**Mint** - 10 gms  
**Green chili whole** - 2  
**Ginger paste** - 1 tablespoon  
**Water** - 2 tablespoons  
**Black salt** - 1/4 teaspoon  
**Ghee** - 2 tablespoons  
**Cumin** - 2 teaspoons  
**Green chili minced** - 1 tablespoon  
**Onions** - 120 gms  
**Grated paneer** - 600 gms  
**Salt** - 1/2 teaspoon  
**Nigella seeds** - for sprinkling  
**Butter** - for brushing

### PREPARATION

1. In a mixing bowl, add all purpose flour, baking powder, baking soda, salt, yogurt, ghee, milk and knead it into a smooth soft dough. Rest the dough for 1 hour.
2. In a blender, add coriander, mint, green chili, ginger, water and blend it into a smooth puree. Transfer this into a bowl, add black salt and mix it well.
3. Heat ghee in a pan, add cumin, minced green chili and stir. Add onions and fry till translucent. Add the blended paste and mix well. Let it cook for 3 - 5 minutes.
4. Add grated paneer, mix and let it cook for 5 - 7 minutes.
5. Add salt and mix it again. Cook for another 3 - 5 minutes.
6. Remove it from heat and keep aside.
7. Take a ball from the dough and flatten it with the help of your hands. Put the paneer mixture in the center, roll it into a ball, flatten it to a shape of a naan and sprinkle nigella seeds on top. Prick the top with a fork. Use all the dough to make naans like this.
8. Preheat the oven to 350°F/180°C. Place all the naans on a baking tray and bake for 5 - 7 minutes.
9. Remove it from oven and brush it with butter or ghee.

## TIPS

Monica Verma tips are:-

- to prevent your bananas from rotting, wrap a small piece of aluminum foil around the stem of the banana.
- if you want to prevent sticky laciness in bhindi, put ajwain in the oil and let it splutter for a while.

Meenu's tip is for keeping strawberries fresh longer. Take water in a big bowl, add 2-3 spoonfuls of apple cider. Soak the strawberries for a minute and then take them out. Dry them and refrigerate - they will remain fresh for few days.





BY  
NISHI  
DHIR

Before coming to Singapore, **Nishi Dhir** was a science teacher and counsellor. She always had a passion for cooking and loves to innovate and improvise on basic cooking, keeping in mind both nutrition and taste.

# Vegetable Kababs with Coriander chutney



## INGREDIENTS

**Channa Daal** - one small bowl  
**Soya chunks** - one small bowl (small granules)  
 3-5 cloves of Garlic  
 1 inch piece of ginger  
 2-4 green chillies  
 Salt, Red chilli, cumin (Jeera powder) Black pepper  
 Bread crumbs



## PREPARATION

1. Soak Channa Daal and soya chunks in water for at least 3-4 hours.
2. Grind the soaked daal with ginger, 2 cloves of garlic and 2 green chilli. Then add the soaked soya chunks and grind again. The mixture should be thick and solid.
3. Transfer the mixture to a bowl and add pepper, Jeera powder and salt to taste.
4. Take a small portion of the mixture in your palm and shape it to form a ball or oblong shape.
5. Roll in bread crumbs and store in the refrigerator for 10 minutes.
6. You can shallow fry or deep fry the kababs. You can also brush them with olive oil and cook them in the Airfrier. Remember to cook them on a medium flame so that they turn out golden brown.
7. For the coriander chutney, take fresh coriander, lemon juice, 2 green chilli, 3 cloves of garlic and grind them to paste. Add salt to taste and one tea spoon of yogurt. Mix well.
8. Serve the kababs hot with coriander chutney.



# Summer Bazaar April 2018





# Ten Tips to deal with rising cost of living

By Vidya Dasgupta

Cost of living is the amount of money needed to sustain a certain standard of living, including basic expenses such as housing, food, taxes and health care. It is often used to compare how expensive it is to live in one city versus another.

Here are 10 simple ways to beat the rising cost of living and either maintain or rise above a certain standard of living.

**1. Have a budget:** This could be a weekly or a monthly budget depending on income levels. The budget should list out the 'must haves' and the 'must pays' of the week/month and prioritize the other expenses.

**2. Smart Shopping:** Shop smart! Shop with a list in hand so you don't buy irrelevant things. Buy only as much as you need to avoid throwing away of spoilt fruits/vegetables and groceries. Do not stock up unnecessarily. Items are better stocked on the shopping rack of the supermarket than in our homes.

**3. Audit expenses regularly on bank and credit card statements:** Check through your expenses and automatic debits regularly. There could be some items which are debited from your bank account/credit card due to automatic debits set up earlier. These could be online music subscriptions, online delivery service, television/movie/cable subscriptions, insurance etc. which may no longer be used by you and should be stopped.

**4. Stop paying interest:** Try to get out of loans you have taken for expenses and eliminate credit card roll overs. You will save a lot by stopping interest payments. A loan is justifiable if it was taken for an investment made in a business or asset that is generating income to cover the loan interest payments.

**5. Holidays:** Space out your vacations during the year and always try to go on vacations from the income earned or generated out of investments.

**6. Reduce Telephone expenses:** Technology has given us multiple ways to be connected so use free apps to be connected instead of running high telephone bills.

**7. Shopping at Sales:** This is a good period to shop for discounted items. A pair of jeans purchased during a Sale is the same in terms of quality and design as the one purchased during regular non-sale period.

**8. Pack lunch to work:** If you can, pack lunch to work instead of eating out daily. Even if you don't have the time to pack lunch every day, do it at least 1-2 times a week. It will go a long way in reducing your expenses.

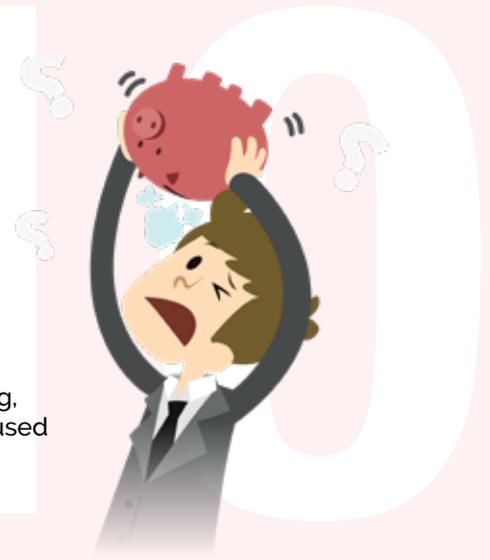
**9. Car pool:** If you have friends or colleagues that live in your neighborhood, carpooling is both environmentally and economically a very good idea. You can also take shared taxis or public transport – which is a very good option in Singapore.

**10. Live in a house that is right for you:** If you have a small family, consider moving to smaller 1-2 room apartment from a multi - bedroom mansion. You will save on your utilities cost as well as the cleaning cost.

Remember that increasing your income/savings, decreasing your expenses and living within your means can help stop you worrying about the rising cost of living.



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





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# CHILDRENS CLUB



*The first trial event of IWA Children's Club was held at Marina Barrage on 12th May 2018. We carried out team bonding activities to foster confidence and team spirit among the youngsters and indulged in kite flying for fun!*

*The rationale behind the creation of this club was the increasingly important need today to equip our children with communication skills, critical thinking, resilience and team spirit to feel empowered and to generate a passion to pursue excellence.*

## DANCE CLUB



After the success of the flash mob at IWA's Summer Bazaar, where the ladies performed beautifully to 'Ghoomar', we saw that IWA had many potential dancers and it was time to explore this talent.

The first meet of the Dance Club was held in May at Caribbean at Keppel Bay's Function Hall, which had a wall to wall mirror that added to the excitement of dancing.

May is the birth month of Nobel Laureate Rabindranath Tagore and Bollywood icon Madhuri Dixit. The literary stalwart and our favourite heroine were remembered with some fact sharing, Tagore-inspired Hindi songs, a small quiz on 'Trivia about Tagore and Madhuri' and a Madhuri Dixit-inspired dance.

The meet concluded with one of us getting nostalgic and reciting the much-loved poem by Tagore "Where the mind is without fear and the head is held high..."



## CREATIVE HANDS CLUB



## ENTREPRENEUR CLUB



**Linkedin Event:** A workshop conducted by Sandhya Dovedya on pointers to optimize your LinkedIn profile and strategies to increase your business network using Lindekin. The session was interactive and informative with many tips for showcasing an impactful and professional story through Linkedln.



A talk by Ms. Aishah Winter on the topic of **Family Law in Singapore: Know your rights in a marriage.**

## MOVIE CLUB



### Musings on LION

Sometimes ... truth can be far more compelling than fiction!

This year, at IWA Movie Club, we have been exploring some of these truths...we watched movies based on true stories and real lives. A few of these truths have shaped history and a few truths with which we are living to date.

After watching Erin Brockovich and Hotel Rwanda, our watch for April was LION, a biographical film, the true story of Saroo Brierley. Based on Saroo's memoir 'A Long Way Home', it received six Oscar nominations at the 89th Academy Awards, including Best Picture, Best Supporting Actor (Dev Patel), Best Supporting Actress (Nicole Kidman) and Best Adapted Screenplay. Saroo as a young boy was essayed brilliantly by Sunny Pawar, a first-time actor and just 6 years old then.

Lost as a child and adopted by an Australian couple, Saroo was able to reunite with his Indian family 25 years later using Google Earth.

It is a remarkable story of clinging to little specks of memory, fighting the passage of time and finally seeing

the dream unfold, when hope becomes a reality. The movie had us all tearing up because there is something unbearably poignant about the image of a tiny, fragile child alone in a vast empty space, lost, lonely and scared.

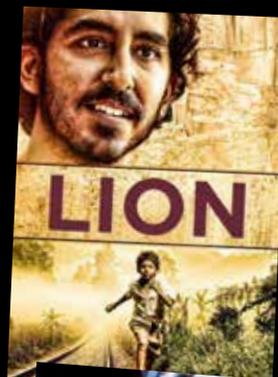
It made us think about the notion of HOME.

What is home? Is it where you were born, or where you grew up? Does a house make up a home or is it where the parents and family members live? Is it the place where you have settled with your kids?

Home is more than four walls and a roof. It is more than where you sleep, eat, wash your hair. There is something spiritual about home, something impossible to define yet impossible to replace. And even when you leave, a bit of it follows you wherever you go!

The movie also made us discuss adoption. Movies and documentaries rarely speak of the psychological impact and possible damage suffered by adopted kids - especially in countries where the adoption system is less regulated.

Can adopted kids ever forget their own birth homes? How brave must they become while letting go and adapting to new ways of life. What do they call HOME?



# BOOK CLUB

## Favorites (in no particular order) from IWA Book Club!

- To Kill a Mockingbird** - Harper Lee
- Book Thief** - Markus Zusak
- Catcher in The Rye** - J. D. Salinger
- Kite Runner** - Khaled Hosseini
- Destiny Disrupted** - Tamim Ansary
- Gone with the Wind** - Margaret Mitchell
- Indian Summer** - Alex von Tunzelmann
- Diary of Anne Frank** - Anne Frank
- The Help** - Kathryn Stockett
- Autobiography of a Yogi** - Paramahansa Yogananda
- Nine Lives** - William Dalrymple
- Roots** - Alex Hailey
- Freedom at Midnight** - Dominique Lapierre and Larry Collins
- Pride & Prejudice** - Jane Austen



# ADDA CLUB



# GOURMET GODDESS CLUB



*I love the light for it shows me the way, yet I will endure the darkness because it shows me the stars.*

**Anonymous**

This quote summarizes my experience of **Dining in the Dark** organized by GGC IWA.

While the main idea behind it was to heighten our other senses and to enhance our gastronomic pleasure, the experience gave me a much needed perspective of life instead - being grateful for my sight.

We were all briefed about what to expect by a lady who was visually impaired. We were led into the pitch black room in a single file and resting one hand on the shoulder of the person in front of us. The room was not the dark of the night that we were used to but a complete black darkness.

I felt a little uneasy at first since my eyes were longing for an iota of light but the voices of my friends around was comforting enough to go through the entire meal of three courses without any fear or anxiety.

The experience has taught me to appreciate simple things in life and to be grateful for it.

Visual impairment is not disability but an ability to see things beyond light!

**By Sarah**



## GAMES CLUB



Join the Games Club where we play Mahjong and a variety of other games!

Mahjong was created in China in the 17<sup>th</sup>-18<sup>th</sup> century during the reign of the Qing dynasty. Since early 20th century, it has become very popular and has spread throughout the world.

Mahjong is an engrossing tile-based game played by four players, but a three-player game is also possible. The game involves building 4 'walls' of tiles out of which each player is dealt some tiles. Then the play begins – dice are cast, tiles are exchanged and the first person to match a hand of 14 tiles calls out "Mahjong!" and wins the game.

The excitement of Mahjong lies in the decisions that the player must make. Is it preferable to discard a tile and thus gain a possible advantage, or would it be more prudent to stay with a current satisfactory hand?

There is the exhilaration of winning a hand by taking a gamble or the regret at not being bold enough to have made a risky choice. Like poker, you will learn a lot about your opponents as you play Mahjong and adjust your strategy as per their strengths and weaknesses.

At IWA Mahjong sessions our aim is to focus on the fun part of the game. Beginners are most welcome and encouraged to attend along with our more seasoned players. While the game seems complex to those who are not familiar with it, our Mahjong mentor, Lokhi (Sudeepta Dasgupta), has very patiently taught the game to many members. Other regular players are always willing to help with explaining the game components and the rules. You will quickly see our camaraderie and the fun we have every session!

For those who want to try other games, we also play Scrabble and Bridge. If you have a game you would like to teach the group and add to our repertoire, we are game for it!

For example, this year we are hoping to add Chaupar, a cross and circle board game native to India.

The goal is to challenge our minds and have fun while doing it.



## BEYOND SOCIAL SERVICES



### KidZania outing for BSS kids on Friday 6-April

IWA volunteers had a fun and rewarding time helping a group of 24 pre-schoolers enjoy an enriching day at KidZania. The kids came from low income families and attended a preschool centre run by our community service partner Beyond Social Services. IWA also sponsored the transport and food for the kids and the staff at the Centre.



'Monthly Birthday Cake for BSS kids' - flagged off with the first cake sponsored by former IWA President Ms. Garima Lalwani.



## H.O.M.E. AND TWC<sub>2</sub>



**HOME** (Humanitarian Organisation for Migration Economics) and Aidha announced their #ComingTogether by organising a SPORTS DAY for Migrant Domestic Workers in Singapore !

The event was on Sunday, 8th July from 11am to 4pm at United World College Dover and was a huge success with over 300 Migrant Domestic Workers Participation.

The event was packed with fun, exciting and team-building activities such as a Captain's Ball, Futsal, Obstacle Course, zombie Apocalypse and mass exercises!

There were exciting prizes and door gifts.

IWA was a proud partner and supported the event with generous contributions that went towards Lunch & Drinks provided to all participants.



## SWAMI HOME



# FITNESS CLUB



# MUSIC CLUB



# ACTS OF KINDNESS CLUB



# WRITING ENTHUSIASTS' CLUB



# Trip to Hanoi by Travel Club

By Sukanya Pushkarna

7 intrepid travellers of the IWA travel Club, headed off to Hanoi, Vietnam on a four day three nights, girls only trip this past May.

A short 3-hour direct flight brought us to Hanoi's international airport where we were met by our English speaking guide, Tommy. On the way into the city, Tommy gave us a brief introduction to the history of Hanoi. When Emperor Ly Thai To, established his capital here in 1010 CE it was called Thang Long and had been ruled by the Chinese for almost a millennium. It was renamed Hanoi or (City) on the bend of the (Red) river only in the year 1830 by Emperor Tu Duc. It also served as the capital of French Indochina in the early 20th century which explained the many beautiful French buildings we saw as we passed through the city on our way to lunch.



Our first Vietnamese meal at the Blue Butterfly was a delight, especially the banana flower salad and egg coffee!



Instead of checking in to our rooms at the Pullman Hotel, we went straight to the Thang Long Water puppet theatre to catch a show. The art of water puppetry in Hanoi dates back to the 11th century and is a must see for all visitors to this city. It was interesting to see the puppeteers immersed in waist high water at the end. The show was in Vietnamese and included vignettes of Vietnamese history and folklore.



Afterwards we took a leisurely walk to Hoan Kiem Lake and Ngoc Son (Jade Mountain) Temple in the centre of this bustling city. The temple built in the 19th century to commemorate the 15th century war hero, General Tran Hung Dao who defeated a large army sent by Kublai Khan and the scarlet coloured Bridge of the Rising Sun that connects it to the promenade looked very picturesque nestled against the green weeping willows and their reflection in the water.

There was much excitement in the lobby the next morning as my friend and former IWA president, Piu Lahiri who had moved to Hanoi some months earlier, arrived at the hotel to join our tour of the city. We packed a lot into this day, including a visit to the beautiful red coloured Trn Quc Pagoda, the oldest pagoda in the city originally constructed in the sixth century during the reign of Emperor Lý Nam Đ (from 544 until 548h) followed by a visit to the famous Temple of Literature built in 1070 dedicated to Confucius and Vietnam's seat of learning for almost a 1000 years.



Despite the sun beating down on our heads, we continued our tour with a visit to the Ho Chi Min museum (bypassing the mausoleum of the late President of Vietnam) followed by a visit to the famous One Pillar Pagoda, à Buddhist temple built in 1049 by Emperor Ly Thai Tong to commemorate Quan The Am Bo Tat, the Goddess of Mercy who is believed to have blessed him with an heir.





Anita Goenka, Sukanya, Vidya Dasgupta, Viji Ramki, Ramanpreet Bhatia, Meenu, Anita Mehta

The highlight of the tour was the museum of Ethnology which houses an array of amazing tribal art and artefacts and even architecture from the 50+ minority groups. Later in the evening this tired but enthusiastic group of ladies landed up at the night market for some fabulous deals on Vietnamese clothes and other handicraft! What a day!



On the third day we took a day trip out of Hanoi to visit an ancient temple in the former capital city of Hoa Lu and then float down the river at Tam Coc or Three caves in sampans. Hot as we were, we were still delighted to visit the Hong Ngoc Craft Centre that predominantly employ only physically challenged artists who create beautiful embroidered art pieces.



That evening we dodged the notorious stream of motorcycles and scooters, as we walked through the streets of the famous Old Quarters of Hanoi, tasting local fruits, food and coffee. We were determined to make the most of our last night in this delightful city with a delicious dinner hosted by Viji at the famous Indian restaurant Namaste Hanoi followed by a final round of shopping at the night market.

On the last day of our trip, we enjoyed a leisurely breakfast then checked out of our hotel and headed to Piu's beautiful home that was conveniently located on the way to the airport. We spent a couple of hours with her, sharing old memories of Singapore and eating a delicious home cooked meal. Finally, it was time to bid farewell to Piu and Indrajit and head out to the airport. All the travellers gave the trip two thumbs up though the weather had left a lot to be desired. We had not only explored a city together but also found deeper friendship with our fellow travellers.







We see  
**[ GENIUS ]**  
in every child

Every student has the potential to be great. A GEMS education gives them the opportunity to explore their true capabilities.

## GEMS High School Programme

We want to prepare your child for success in life beyond high school. At GEMS, we offer the full set of academic and career related IB options, taught by highly experienced teachers that love to encourage and inspire. As a result, your child will attain the highest possible standards. And, just like our graduating class of 2018, your child could enjoy offers from the world's most prestigious universities.

**GEMS**  
World Academy  
(Singapore)

A truly international school for students aged 3 to 18

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**Open  
House**  
September 18<sup>th</sup>