

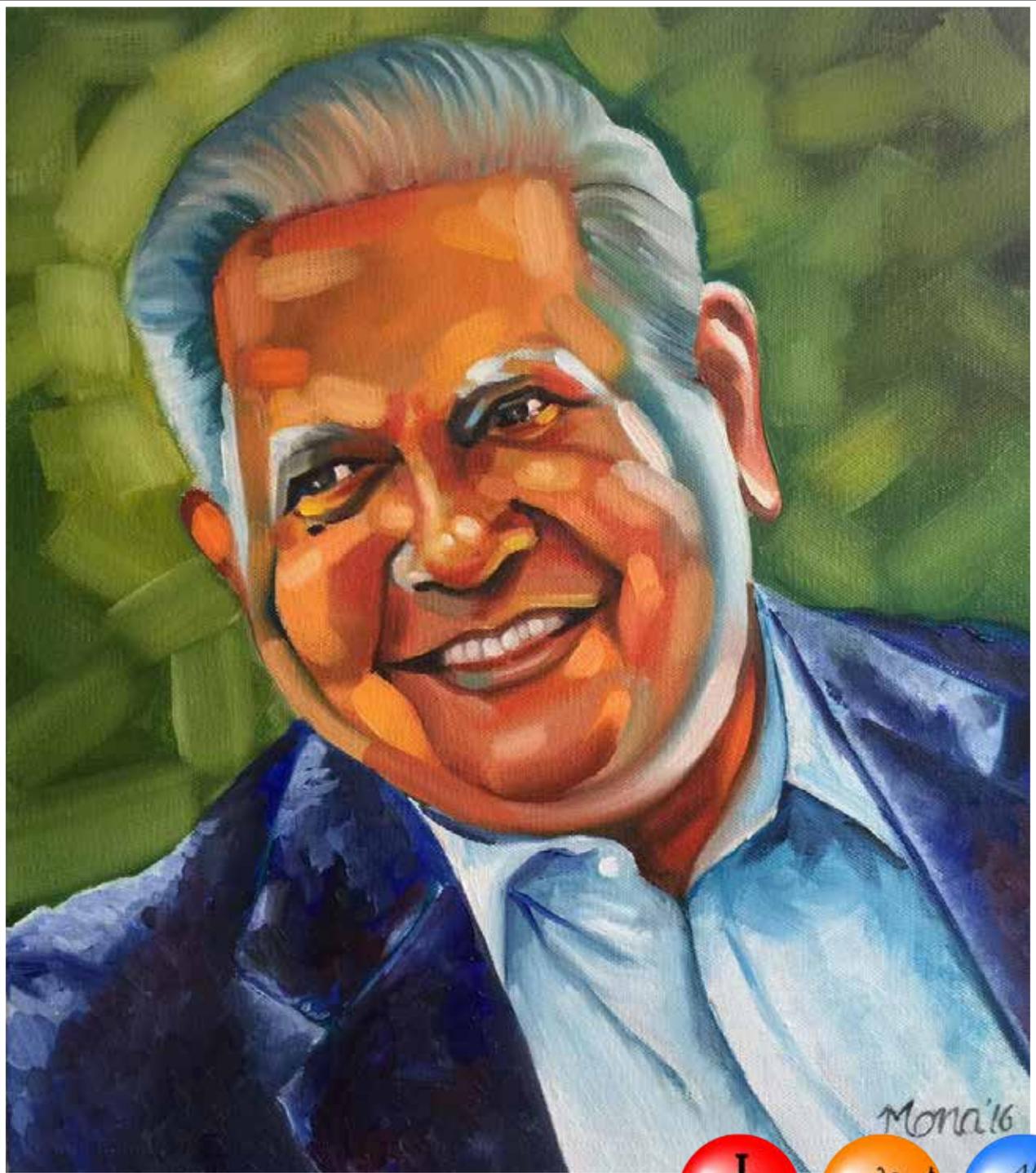


IWA DHWANI

Indian Women's Association

Sounds of IWA, Singapore

Sept 2016 • MCI (P) 143/05/2013



CONTENTS

Letter from the President	1
Editorial Team	2
IWA HISTORY	
Down Memory Lane	3
<i>Garima Lalwani</i>	
FRIENDS AND PARTNERS	
Wonders of the Voice!	4
<i>Noella Menon</i>	
IWA PARTNER	
Experiential Learning - actively connecting with the world around us	5
<i>Mark Gardner</i>	
IWA-TRAVELLERS	
Misty memories of a trip to Xian, China	6
<i>Sukanya Pushkarna</i>	
Historical Georgetown	8
<i>Kavita Chachcha</i>	
Kbal Spean: Far from the madding crowd	9
<i>Richa Joshi-Kaul</i>	
Korean Stone	10
<i>Piu Lahiri</i>	
A Trip to Bath, England	11
<i>Lakshmi Raghavan</i>	
Udaipur	12
<i>Arvind Sundarrajan</i>	
Varanasi	13
<i>Richa Srivastava</i>	
Dilli Dilwalon Ki!!	14
<i>Alka Joglekar</i>	
IWA CONNECT	
Walk for a cause	15
<i>Jainee Gandhi</i>	
KIDZ CORNER	
Bhutan	16
<i>Adarsh Krishnan</i>	
We have a Dream	16
<i>Shambavi Vaidyanathan</i>	
How to get arrested in Melbourne	17
<i>Antara Joglekar</i>	
IWA CLUBS	
Fitness Club	18
<i>Vidya Dasgupta</i>	
IWA Movie Club! Beyond Bollywood!!	19
<i>Rakhi Shankar</i>	
HEALTH AND FITNESS	
Helping your child find focus and mindfulness	20
<i>Pamposh Dhar</i>	
Look Good, Post flight	21

IWA Committee 2016-2017

EXECUTIVE COMMITTEE

President
Sukanya Pushkarna
president@iwasingapore.org

Vice-President
Garima Lalwani
Sudeepa Dasgupta
vicepresident@iwasingapore.org

Secretary
Chandan Lehal
Deputy Secretary
(Position Open)
secretary@iwasingapore.org

Treasurer
Tejashree Datey
treasurer@iwasingapore.org
Asst. Treasurer
Anuradha Shroff
assttreasurer@iwasingapore.org

Media Director
Kavita Daga
media@iwasingapore.org

Executive Committee Members Advisory
Gowri Aiyar
Preeti Dubey

SPECIAL TASK COMMITTEES AND OFFICES

Legal Affairs
Bhavani Bannerjee
legal@iwasingapore.org

Integration Committee
Sukanya Pushkarna
Garima Lalwani
Sudeepa Dasgupta
integrate@iwasingapore.org

WORKING COMMITTEE

Events Chair
Neeta Mirchandani
events@iwasingapore.org

Membership
Gauri Savadi
Abhinika Mitra
membership@iwasingapore.org

Membership Privileges
Selme Singh
Pooja Narayanan
privilege@iwasingapore.org

Media Sales
Seema Gupta
adsales@iwasingapore.org

Newsletter
Rakhi Shankar
newsletter@iwasingapore.org

Website
Sudeepa Dasgupta
website@iwasingapore.org

Print Media - IWA Dhvani Editor
editor@iwasingapore.org

IWA Bazaar
Richa Joshi-Kaul
Gowri Aiyar
bazaar@iwasingapore.org

COMMUNITY SERVICE

Beyond Social Service
Mehak
Anshoo Berry
service@iwasingapore.org

SWAMI Home
Raji Viswanathan
Ritu Kapoor
community@iwasingapore.org

Indian Migrant Workers' Relief Team
Neeta Kapoor
Garima Lalwani
Raji Viswanathan
relief@iwasingapore.org

SMU Vidya Scholarship
Subina Khaneja

CLUBS (INTEREST GROUPS)

Adda Club
Nirupa Parthasarathy
adda@iwasingapore.org

Book Club
Lakshmi Padmanabhan
bookclub@iwasingapore.org

Entrepreneur Club
Richa Joshi-Kaul
Vinnie Mehta
business@iwasingapore.org

Fitness Club
Padmaja Balaji
Vidya Dasgupta
fitness@iwasingapore.org

Gourmet Goddess Club
Latha Vinod
Pooja Narayanan
gourmet@iwasingapore.org

Music Club
Madhu Suri
Anshoo Berry
music@iwasingapore.org

Scrabble & Mahjong Club
Rajni Arora
scrabble@iwasingapore.org

Writing Enthusiasts' Club
Shilpa Thapliyal
writing@iwasingapore.org

Movie Club
Selme Singh
movie@iwasingapore.org

Creative Hands
Anjali Tripathi
creative@iwasingapore.org

For all enquiries
Visit us at www.iwasingapore.org
www.facebook.com/iwasingapore



Time to get creative.....

If you have old favorite clothes and wish to give them a new life, join our **Creative Hands Club!** Let's turn scraps and left over fabric into coasters, jewelry and other beautiful things.



Letter from the PRESIDENT



Dear readers,

Mr. S R Nathan, the sixth and longest reigning President of Singapore, passed away on August 22nd. A familiar and well loved face that I had personally seen at national gatherings, conferences and talks, Diwali gatherings and book launches, President Nathan was everywhere, supporting Indians in so many ways. He will surely be missed by one and all. We dedicate this issue to his memory. May his soul rest in peace.

IWA continues to thrive and grow. Since our last issue in May, we have held a bazaar, hosted celebrity director Nagesh Kukunoor, been in conversation with Anshu Gupta of Gunj and the Biking queens from Gujarat, learned to pitch our business from Bharoti Pande and how to look and stay young from Dr Tan at Raffles Hospital. We have learnt the art of making paella and shared our favourite healthy dishes. We have climbed to the top of Bukit Timah, and explored the southern ridges at Faber Park. We continue to read books and write in various genres, play mahjong and sing songs on various themes every month in our clubs. Our newest club- Creative Hands, has already got a large membership and the ladies are creating sheer magic with scraps and strips of fabric.

In spite of our very busy schedule we still found time to support our partners Jamiyah and Siglap South CC in their community projects. We even walked the ramp to raise awareness for Crohn's disease and Colitis at the Rotary Club of Raffles City Gala!

We are now getting ready to receive nominations for the second SONY-IWA Woman of the Year award in November. Please look out for more information in this issue. We launched the Woman of the Year award at a walkathon in support of Project Smile on the 24th of September. More than 70 people joined us for this walk wearing orange. Our engagement with SWAMI Home, BSS, TWC2 and H.O.M.E. has deepened with each meeting.

For the first time ever, the IWA committee has gone without a summer break! My deepest gratitude to all the members of my committee, for their tireless work through the year!

Last but not least, we will be sending out nomination forms for the 2017-2018 committee soon. I urge all IWA members to please participate in this important process.

Sukanya Pushkarna

president@iwasingapore.org

On the Cover

Title: Tribute to Mr. Nathan

Artist: Mona Singhania

Medium: Oil on Canvas

Dimension: 24 x 20 inches

This is in memory of the longest serving President of Singapore, a champion of the common man, loved by all who knew him...



Mona Singhania was born in India and settled in Singapore. She is an artist focused on expressions and runs a virtual gallery 'Pankhart'. She is active on international scene and participates in art shows and exhibitions all over South East Asia and India.

IWA Dhvani editorial team: Lakshmi (Lucky) Padmanabhan Lakshmi Raghavan, Rashantha Therese Devanesan, Garima Lalwani, Sukanya Pushkarna, Neena Mittal, Alka Joglekar and Piu Lahiri

IWA Dhvani is printed and designed by: Xpress Print Pte Ltd 61 Tai Seng Avenue, Print Media Hub @ Paya Lebar iPark #03-03, Singapore 534167

UEN No.S97SS0085J in iROSES

We hope you like this issue of IWA Dhvani. If you have any feedback or suggestions regarding articles and features or if you would like to contribute articles or artwork to our magazine, please write to editor@iwasingapore.org



EDITORIAL TEAM



As it has been said, "The journey of a thousand miles begins with a single step."

To begin, turn the pages of our magazine and tune in to 'Dhwani.'

Experience and enjoy the melodious medley of diverse strains of culture blending in all its nuances... the contrasting scenes of Delhi, the Royal cadence of Udaipur, the eternity of Varanasi, the colors of Bhutan, the history of Penang, the scenic beauty of Cambodia. You are invited to visit and enjoy a book spa at Bath, England and a layover at Korea on to Melbourne! "Travel" towards a more complete you!

When one travels, the windows of the mind are thrown open, the scales over the eyes drop, the veils lift away. One returns a changed person, happier, centered, ready to pick up routine with energy.

Turn the pages and start - traveling.....

Write for DHWANI



IWA Dhwani is your magazine and we want to showcase what excites and interests you. Please send in your contributions to editor@iwasingapore.org.

Dhwani is always looking for articles, poems, personal narratives, artwork and photographs from our members. We welcome first-time writers and we will provide all editorial support.

IWA is not only about women but also about our families. In IWA Dhwani we welcome husbands, parents & children to send in their contributions.

Did you know we have a special kid's corner just for showcasing our children? They can contribute a 400 word essay on any aspect of life in Singapore which excites or interests them. It might be about people they have met, places they have visited, new food they have tasted or a skill they have developed.

The artwork or photograph should be horizontal, 210mm x 166.7mm and at least 300dpi. No camera phone photos please!

We try to accommodate as many contributions as possible.

Sometimes, if an article, poem or artwork does not make it in this edition, we hold it for another issue.

Dhwani is a magazine for you & by you so start sending in your contributions!



Down Memory Lane

*in conversation with
Gowri Aiyar*

by Garima Lalwani

I recently caught up with Mrs. Gowri Aiyar to learn more about the early years of Indian Women's Association. She has been an IWA member right from its inception in 1997. She is the co-chair for the IWA Festive Bazaar 2016

What are your earliest memories of your involvement with IWA?

I remember I was part of a small group of women invited for lunch at a restaurant where Shobha Bhalla shared with us that an expat Indian women's club was going to be launched soon. We were all very excited about the possibility and agreed to join. We had to go through an interview process. Soon after, there was a gala dinner at a club and the first Executive committee was introduced. This marked the beginning of Indian Women's Association. Straits Times published an article about the newly launched IWA along with our photo.

Are there any clubs or events that stand out in your memory from those days?

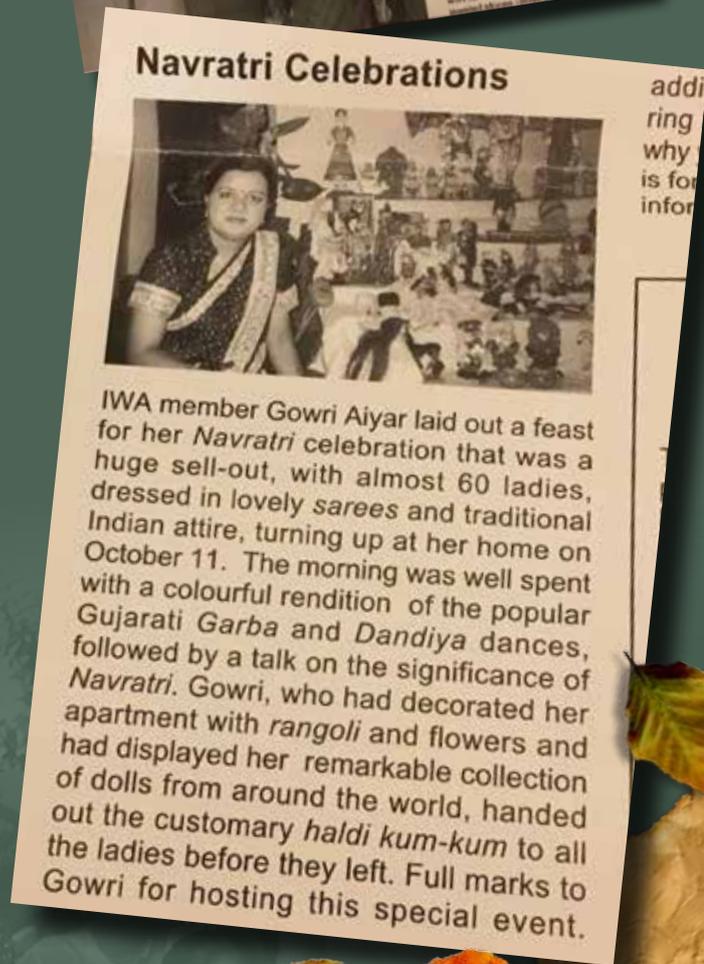
I remember the book club and visits to interesting places like Pottery Jungle etc. in Singapore. There were also a few iconic fashion shows. I remember the JJ Vallaya show that was held at the Shangri La Hotel. In the early years, there were monthly coffee mornings.

How has IWA changed over the years?

The major change in recent years has been our involvement with local voluntary organizations like PA and SINDA. All our fundraising is with a view to give back to the community and clubs. We are organizing many activities with an aim to support our entrepreneurial members.

Do you have any advice for new members?

My advice to new members would be to get involved in a club of your choice. You will immediately find likeminded people and activities to participate in and form a great new network.



Garima Lalwani is Vice President of IWA and an FOM docent for Asian Civilisations Museum and Singapore Art Museum. She enjoys spending time with family and friends.



Wonders of the Voice!



Have you ever found yourself mimicing that quirky politician, raising your pitch to sound like Sponge Bob Square Pants or using your hand shower as your microphone in the bathroom? If you're nodding with enthusiasm then read on...

Gone are the days when you could choose from just a handful of professions. Conventional Careers are being "disrupted" and youth are increasingly looking for creative pursuits that pay well too.

Social Media and the Internet have changed the game and thousands have attained freedom from the rat race turning themselves into their own boss, doing what they're passionate about. But is it really possible to actually find that elusive DREAM JOB with that perfect work life balance? Or is it just an impractical pipe dream?

The top 20 Highest Paying Freelance Skills shows that you can actually earn a living getting paid to have fun! Work could be a joy and the phrase TGIM (Thank God It's Monday) might actually be something you relate to!

'Voice Over & Jingle Artist' is one such profession in this ever increasing list of creative pursuits averaging US\$72 per hour according to an elance 2015 survey shared by Business Insider. In fact, the highest payed Voice Actors like Nancy Cartwright, (The Voice of Bart Simpson in the longest running animated sitcom 'The Simpsons'), currently earns US\$300,000 per episode & is estimated to have a networth of US\$60 Million. But even not so famous VO talents could start earning anywhere from \$20,000 to \$80,000 a year.

The profession has that killer combination – It is Creatively Challenging, Ginormously Gratifying and Luringly Lucrative all at the same time! Are you floating away in a bubble right now? POP! – Sorry to have you crash land like that, but like all careers,

the \$\$ signs, take perserverance, time and effort, to obtain with very grass root go to's for success and a good voice is just one of them!

Your VOICE could well be your hidden instrument to success! Tuning it to work for you is your ticket to ride those sweet sound waves, which could, undoubtedly bring music to the ears and have you laughing your way to the bank – quite literally!

So how do you get into Voice Acting, Voice Over and Jingles? Do you need training or any particular qualification? Would there be enough of voice work out there to actually make it a full time profession? What's the industry like, here in Singapore? These are just some of the questions that you could get answered at the Voice4ads 'Wonders of the Voice'

'Wonders of the Voice' launched in March 2015, for aspiring artists' to learn all about the fascinating world of Voice Acting, Voice Over and Jingles. Founder of Voice4ads, Noella Menon says, "It's a new venture to cater to the growing interest in voice acting as a profession, mainly due to the huge popularity of Japanese Anime in SEA and Hollywood Blockbusters such as 'Finding Dory' and 'Inside Out' that are universally appealing."

There are two full day Master Classes – The Beginners Guide and an Advanced Guide, which both cover very different aspects of VO that help you bring myriad characters alive with just your voice.

Adults and Teens have enjoyed the sessions very much as the whole construct of learning is set around engaging VO games, exercises, activities and lively group interaction.

So how are these workshops different from an acting workshop, you might ask? What sets these workshops apart is that participants who attend both the sessions get to record their

first audio VO Demo Reel showcasing their versatility as part of the training, at no additional cost. Being able to walk away with a professionally recorded demo, immediately enables talents to seek work in the VO marketplace and that's huge value for money!

To promote VO Talent, Noella has set up a Voice Over & Jingle Artist Facebook Group with a growing base of around 3500 members and invited producers and creative directors in the Asian region to post their VO projects for potential talent to pitch on. She also promotes Wonders of the Voice participants who show potential, on the Voice4ads' VoiceBank. Previous participants have already landed their first paid VO job through Voice4ads Referrals.

"I began my VO career with jingles, including singing the famous tag line, Mango Frooti, Fresh and Juicy!" Reminisces Noella, "I've been doing VO for over 15 years and the beauty of this profession is, there's no retirement age!"

So, if you've always secretly wanted to do those cartoon voices on television or think you could perhaps do a better job of those jingles you hear on the radio and you're now ready to give it a shot, then perhaps it is time you discovered The Wonders of your Voice!



Noella Menon is a Vocalist, Voice Over & Jingle Artist, a published Illustrated Children's Book Author & Writer. She is the voice behind the IWA Bazaar jingles for 2016.

EXPERIENTIAL LEARNING - ACTIVELY CONNECTING WITH THE WORLD AROUND US

by Mark Gardner

IWA PARTNER



GEMS
World Academy
(Singapore)



Experiential learning is a process which results in greater student engagement and, whilst most educational pedagogies allow for some exposure to experiential learning, approaches which fully integrate these experiences within academics deliver greater opportunities for student leadership, enriched learning and improved academic performance. GEMS World Academy (Singapore) embraces the notion of experiential learning to provide students with connections to a range of learning opportunities, both at home and abroad, to create experiences which are relevant, interesting and absorbing.

All students in the school take part in the GEMS World Academy (Singapore) Experiential Learning Programme, with targeted programmes providing differentiation across all grade levels. In the Secondary Years (Grades 6 through to 10) students have recently visited locations in Australia and Northern Thailand in addition to engaging in experiential learning activities based here in Singapore.

Australia provided Grade 6 students with authentic opportunities to experience Aboriginal culture and learn about

wildlife preservation and conservation during a visit to the Australia Zoo. Students also developed awareness of environmental challenges through the study of coastal dunes and engaged in tree planting as part of a volunteer programme to protect the Australian shoreline from erosion. Students in Grades 7 - 10 travelled to Thailand to participate in service programmes to support the local community through building fish farms, improving conditions in a local school, preparing fields for planting to support food production for the local community and they also found the time to experience Thai food and culture.

Singapore based activities engaged students with environmental considerations, encouraging students across all grades to develop a deeper connection with the local area, appreciate the pressures we place on the environment around us and develop solutions to some of the environmental challenges we face as a nation.

Further to supporting academic programmes, the intention of all experiences is to develop long-term connections between the students and the world around them, engaging

in participation to continue developing their involvement and interaction with their surroundings, whether local, regional or global.

Additionally, experiential learning fosters the development of communication and social skills through team work, independence and challenge, with students at GEMS World Academy (Singapore) making significant developments in these areas as a result of the programmes they are involved in. Further benefits can be seen across cognitive, affective and behavioural domains as students process knowledge, skills and attitudes with a high level of active involvement.

A key aspect of all experiential learning programmes is that of reflection which links experiences clearly back to areas of the curriculum adding value to learning opportunities, academic progress and personal development. This ensures that the activities enhance learning whilst also facilitating effective community participation for all of our students.

Mark Gardner is the MYP and IGCSE Coordinator at GEMS World Academy (Singapore). He has worked in education for 20 years with roles in the Middle East and United Kingdom.





Misty memories of a trip to Xian, China

by Sukanya Pushkarna

The year was 1987. I had been in China for almost 9 months as an exchange scholar and was about to embark on the trip of a lifetime to Xian. Capital to 10 dynasties, Xian or Chang An as it was called, had once been the largest metropolis in the world. Under the Tang(7th-9th C), sprawled a large a planned city of over a million, where traders from far and near gathered to trade luxury goods like silk and porcelain, and where music, art and literature flourished. This was the eastern hub of the famous silk route that I had only misty memories of from class lectures and history books, or a quick peek into a borrowed "Lonely Planet guide to China. In a pre-internet era, this was how we got any information!

A decade after Mao Zedong's death, China was opening up to the world but slowly. There were two currencies in place- one for foreigners and one for the Chinese. The blue or green Mao suits and bicycles were ubiquitous though women were experimenting with colors and styles. Travel within China remained restricted for both foreigners and Chinese, so the opportunity to visit this great city with my professors and classmates from Fudan University was very exciting.

Entering the city of Xian from the railway station, we were struck by the magnificence of the Ming wall that wrapped around the city center. "Built in the 14th century this is China's best preserved and longest intact city wall," we were told by professor Xie who had accompanied our group.

We then passed by the Bell tower that stood in the center of the city enveloped in scaffolding, realizing that this was a common feature of Chinese walled cities of that era.



The next morning our first stop was a bus journey into the countryside for a visit to the famous Terra Cotta Warriors. Prof. Xie reminded us that Qin Shihuang, the first emperor of the Qin dynasty

(220BCE) was the unifier of China and from whom China got its name. The emperor had started building his massive mausoleum very early on in his



rule and dreamt of becoming immortal. A startling discovery by farmers in 1974 had led to the excavation of more than 8000 life sized terra cotta warriors and animals along with chariots and other things in the vicinity of this Mausoleum! I was amazed at the sight of the warriors sitting or standing in perfect battle formation, each one unique of face and expression! How much these can tell

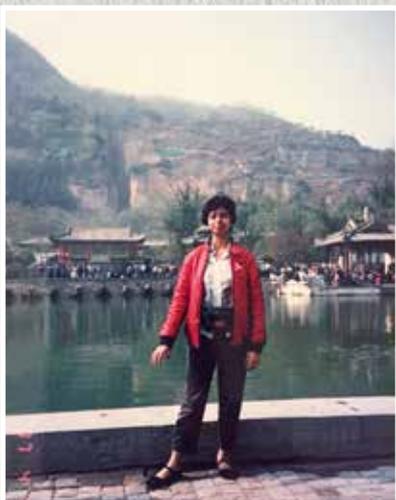


us about the culture, economy, values and beliefs of an era! The warriors face outwards as if protecting the emperor from his enemies-and he must have many, for he was a cruel ruler. In 1987, only a small section of the warriors was open to the public and no pictures were allowed, but in 2005 I got one inside!

Stopping at the Qianling mausoleum gave us a unique opportunity to learn about China's only female emperor Wuzetian. A stone stele in her name stood outside without a single character on it. It is believed that this Tang empress did not want her greatness to be limited by words.



Nestled in the foothills of the Li Mountains, the Huaqing thermal pools brought back memories of my classroom in JNU again. While reading the great poet Baijuyi's famous poem *Song of Everlasting Sorrow*, I had learned of Tang emperor Xuanzong's great love for yang Guifei. Now, I was standing at the very place where they had romanced each other while his royal duties lay in neglect. I shuddered gently, remembering that in the end,



the emperor had to kill his beloved when his army revolted. I silently thanked my professor back in India for his painstaking efforts to bring a far off world alive in my mind.

I had been waiting eagerly for our visit to the Giant Wild Goose Pagoda, for this was a place with strong ties to India. Built in 652 during the Tang Dynasty, it was in this 7 storey pagoda that the great Buddhist monk Xuanzang stored



and later translated the many scriptures he brought back from India. Every Indian is aware of Xuanzang's arduous journey from Chang An (as the city was then called,) to India and back, and his contribution to Indian history by way of his travel journals. In 1987, Indian travelers in these parts were few and far in between so I was overwhelmed by the attention given to me by the local Chinese. They called me "Little Buddha" and spoke of my country as "Western Heaven," the land of the Buddha. I felt a certain connection to both the place and the people that my classmates failed to understand. It was special.



The great mosque of Xian came as a revelation. Having only seen mosques with typical onion domes and middle eastern architecture, I was quite surprised by the very Chinese looking



building with courtyards and pagodas. The blue and purple tiles on the roof and eaves, could've been on any Chinese mansion of the period.

The highlight of my trip came on my 25th birthday in the form of a Tang musical based on the murals we had been seeing in the imperial burial chambers the last few days.



How amazing to see the clothing, the hairstyles and headdresses and even the instruments come alive in an outstanding performance by the Shaanxi Provincial Song and Dance troupe!

This was one learning-packed trip indeed!





HISTORICAL GEORGETOWN

by Kavita Chachcha



The hotel staff taking our picture said "Ready 123, smile please." We were standing in the lobby to start our sightseeing trip to the multicultural city of **Georgetown**, a UNESCO World cultural heritage site, located in Penang, Malaysia. It is a town whose streets are adorned by British Colonial houses, Mosques, Temples from different origins of faith namely Chinese, Burmese, Buddhist and Thai. Facades that depicted different architectural styles from various periods such as British Colonial, China and South East Asia, instantly transported you to a 19th century straits settlement experience.

Wandering through the different lanes we noticed that some of the shop houses were converted to museums or souvenir shops different from its intended use originally. One such example of adaptive reuse was the **Cheong Fatt Tzemansion** voted as one of the 10 greatest mansions in the world. This house was built in circa 1880 and painted in a hard to miss blue color using a natural blue dye from the indigo plant.

From there we went to see the temple architecture of **KhooKong Si Temple**. Its entrance is located on Canon Street. Its ornate craftsmanship and grandeur was a

celebration of its grand clan culture and a reminder of the dominating Chinese presence. One such clan house was featured in the French movie *Indochine*.

These prominent historical spots in this city, instantly take you back in time. Another highlight of our trip was **Street Art** work by the Lithuanian artist, Ernest Zacharevic. It integrated beautifully with these historical facades. One could find all kinds of 2D/3D objects & art combination painted on the walls. The artwork consists of cats to kids to dinosaur and even minions. One such street was **Armenian Street** lined with trishaw peddlers and tourists hunting for their favorite street art to take a picture with.

I recommend this trip highly if you are an artist, photographer or a traveller with wanderlust.



Kavita Chachcha is a Design professional for 20 years in the field of Architecture, living in Singapore for the last 4 years.



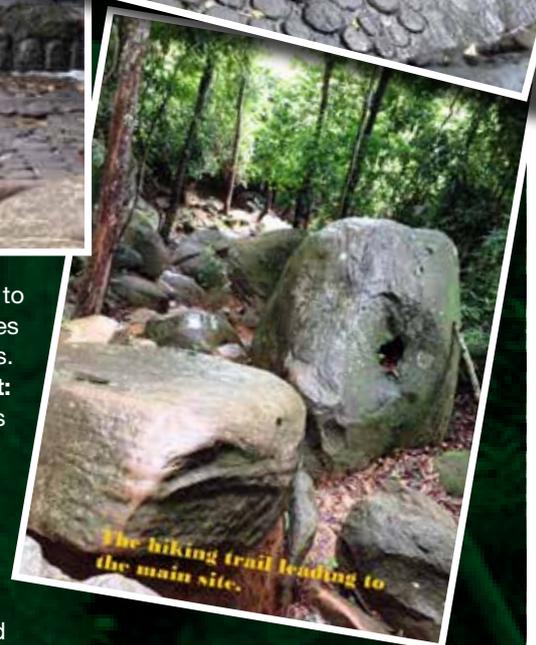


Khal Spean:

Far from the madding crowd

by Richa Joshi-Kaul

A river with a thousand lingas etched on the riverbed stones, images of Hindu Gods carved on boulders along the river – all dating back nearly a thousand years. This is Kbal Spean, about an hour's drive from Siem Reap, home to the magnificent Angkor Wat. After being suitably astonished by the awe-inspiring scale of Angkor Wat, the Bayon and the stunningly intricate carvings at Bantey Srei, we headed for Kbal Spean which is off the beaten track in Cambodia.



Set deep in the jungles of Kulen Mountains, the site was discovered only in 1968 by a French archaeologist, Jean Boulbet who was working in a nearby ruin. Shortly after, the place was closed off to visitors during the Cambodian Civil War and only opened to the public in 1989.

Reaching the place entails an uphill hike of about 2kms on a beautiful, rustic trail which was steep in places and going over some interesting boulder formations, logs and tree roots. As we reached the site on a very hot summer day in June 2013, we were greeted by some beautiful bas-reliefs along a 150-m stretch of the river between a natural stone bridge and a waterfall. The groups of lingas (symbol of God Shiva) in the form of raised discs arranged in rows lead to its Sanskrit name, Sahasralinga, "River of Thousand Lingas". There was a tableau of a reclining Vishnu with Lakshmi at his feet and Brahma sitting on a lotus. The holy Hindu Trinity is completed by an image of Shiva and Parvati riding the bull Nandi on another rock. There are more carvings depicting temples, reclining Vishnus and Brahma scattered along this stretch; unfortunately, some bas-reliefs have been vandalised.

Ever since the first Khmer ruler, Jayavarman II, proclaimed himself emperor of the world in 802, these hills have been accorded a deep religious and historical significance. The river carvings were commissioned by Khmer kings, Suryavarman I and King Udayadityavarman II between the 11th and 12th centuries. The lingas and other divine carvings were intended to sanctify the water as it made its

way downstream to the Angkor temples and settlements.

Interesting titbit:

Angkor was assembled piece by piece with the sandstone brought down from Mt. Kulen.

We continued downstream, marvelling at a carving here and a motif there and reached the waterfall where the river plunges into a pool below which has more bas-reliefs of Hindu Gods. At the top of the waterfall are many animal images and a path winds around the boulders to a wooden staircase leading down to the base of the waterfall. The refreshing waterfall was a perfect spot to cool off before we made our way down the trail.

This place doesn't get the usual crowds like other attractions in Siem Reap. In fact, we didn't come across a single visitor on our way up or at the site - we were the Lords of the Jungle that morning in Kbal Spean.



Richa came to Singapore nearly five years ago as trailing spouse and is a freelance business analyst who loves travelling, reading and enjoys cooking. She is also the co-chair of the IWA Entrepreneur Club.



KOREAN STONES

by Piu Lahiri

Stepping onto the Jeju Island airport I was welcomed by a 3 meter smiling giant. Made of rock with huge bulbous eyes and a smiling mouth this “stone grandfather” was not a new visitor like me onto this beautiful Korean Island. Four of us, from the Indian Women’s Association, Seoul were representing India at the World Tea Festival taking place in the Southern Island of Korea. As we were welcomed by a bevy of smiling traditionally clad ladies we were promised that we would be taken to meet many more like our kindly giant and their story would be shared with us.

These Dol hareubang, the official name of our giant friend was first found standing guard outside the Eastern, Western and Southern gates of the Jeju city Island fortress in 1763-65, as guardian deities. One of our Korean hosts explained that such statues are now found across the island and were considered Gods offering protection and fertility. They were said to protect homes against demon spirits travelling between realities.

Where did they come from? Mainland Korea had tall totem poles named Jangseungs, did those influence these tall figures? They look very much like the stone figures of Easter Island, was there any connection? Like them they were made of porous basalt volcanic rock. Only these wore smiling expressions, huge eyes without pupils, a long broad nose, with their hands on their bellies, one slightly above the other. On their heads they wore mushroom shaped hats.

The mushroom is a powerful symbol in Korea and I had seen them in Korean museums on ancient crowns and funeral urns. Even in ancient Chinese literature, mushrooms are mentioned as growing abundantly on the Sam Shin San, one of the three spirit mountains, gateway to the spirit world. They believed in the sacred power of mushrooms, symbolic of the power of the Shamans, a spiritual healer. In Japan, a similar ancient figure sits inside the Kosenji Temple in Kusatsu Onsen..another connect?

One evening, we were taken to the Jeju Stone Park built on an old volcanic mountainside, which was inspired by Jeju island’s history. The central figure was Seolmundae Halmang (Grandmother Seolmundae) the legendary creator of this beautiful island who protected it along with her five hundred generals. With these figures stood our Dol hareubang dotting the mountainside. We stood there silently watching an incredible sunset along with the centuries old sentinels.

As a memory of these rugged soldiers I bought a pair of these figures, made of that same volcanic rock. Over the years my pair has been much visited by young couples who wanted to rub their noses with them-a sure shot guarantee of fertility.

.....



Former IWA President, a travel and history buff. Has called 10 cities and 7 countries home. A small snapshot of a memorable visit during our Seoul stint in 2009-10.



Aarti Bartake is a Graduate with Honors Degree in Residential Space Design and Management from SNDT University, Pune, India. She also holds a Diploma with Distinction in Animation, Multimedia and Graphics from Aptech Arena Multimedia, Pune, India.

Bridge to Arlington - Arlington Row is a nationally notable architectural conservation area depicted on the inside cover of all United Kingdom passports. It is a main tourist destination for tourists visiting the traditional rural villages, tea houses and many ornate protected buildings of the Cotswold District. Accordingly it is one of six places in the country featured in Mini-Europe, Brussels. This beautiful bridge that caught my artistic attention is very famous and leads to the Weavers Cottages.

A Trip to Bath, England

by Lakshmi Raghavan

Bath has always been associated with Regency Pump rooms and Georgette Heyer locales. I was introduced to a totally new experience here – a visit to Mr B's Emporium of Reading Delights. It is an independent bookshop like no other.

Located in the heart of Bath, it is wonderfully eccentric with quirky furniture, lovely nooks wherein to perch and peruse a veritable treasure trove of titles.

With prior appointment, you can have a private book spa session with any of their bibliotherapists (their trained and well-read staff). I had the great fortune to have Kate, a wonderfully articulate and well-read person, who was passionate about books.

She ushered me to a corner chair with books all around and a stuffed bird

just opposite! She asked me a lot of questions about what kind of books I most enjoyed. And for every genre I picked, she scuttled in back to the treasure trove and brought back at least ten books for each genre. Oh! The difficulty of choice!

Spoilt with lovely chocolate cake and coffee, I sat there listening to her espousing book after book. I didn't want her to stop. I sat there mesmerized wondering if I could ever talk about a book with such fervor. I felt guilty that I did not stop her even when she was talking about a couple of books I had already read.

My daughter had lovingly treated me to this spa session. I came back with a cloth bag full of books and memories of an enchanted morning.

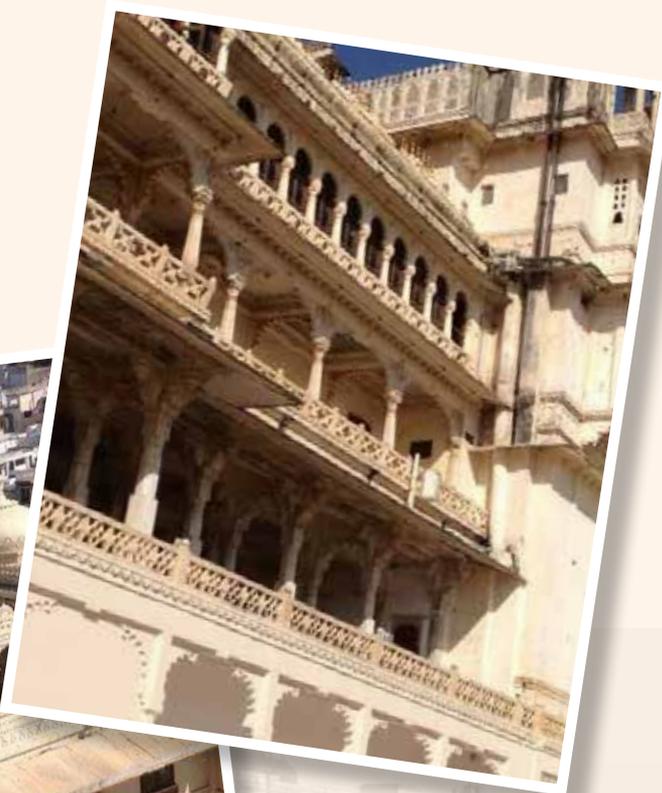
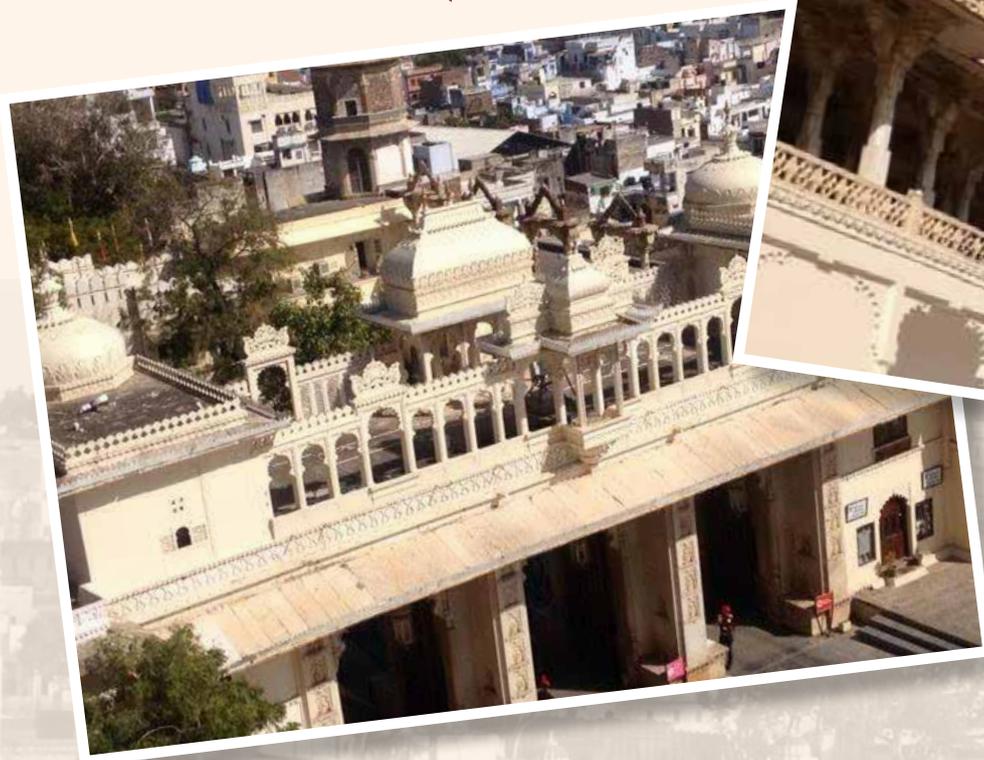


Lakshmi has been teaching English for 20 years. Now she enjoys reading, travelling with her husband and arguing with her lawyer daughter.



Udaipur

by Arvind Sundarrajan



It goes without saying that the idea of visiting Rajasthan for our 20th wedding anniversary stemmed from vivid depictions of Udaipur, Jaipur, Jodhpur and other wonderful places we have seen in movies such as Sonar Kella, Guide, Hum Saath Saath Hain, Octopussy etc. Udaipur, deemed as one of the most romantic cities, became our destination of choice.

A boat ride from the banks of Lake Pichola under a clear starry night, brought us to the hotel foyer where we were given a true Rajasthani welcome. We were immediately struck by the sheer class and elegance of the architecture of the hotel and by the exemplary hospitality of the staff.

Incongruous as it may sound, we made sure that we did not miss the India vs Pakistan World Cup

T20 cricket match. We were in a celebratory mood when we went on the boat ride on Lake Pichola which gave us a panoramic view of the hotels built around the lake.

The City Palace complex built over 400 years with its use of marble and intricate craftsmanship, is indicative of the opulence and grandeur of the Maharanas and Maharanis of yesteryears. We were struck by the size of the complex with multitude of rooms and courtyards. But what intrigued us most were the narrow alleys and escape routes that were used to evade and elude enemies.

As part of the tour, we were given a photo-op with the impressive collection of 'still in use' vintage cars of the royal family. Another highlight of our trip was the splendid and delectable spread of authentic Rajasthani dishes we had, be it at the

candlelight dinner at the hotel or the small eatery close to the city complex.

The simplicity and warmth of the people touched us deeply. We promised each other that we would plan another trip to this part of the country again.

Beauty, elegance and hospitality - thy name is Rajasthan!

.....



Reading, watching movies and travel are 3 of my favorite things. Luckily for me, my wife Lucky, shares my passion for travel.

So many books to read, so many places to see...just need to find more time!



Varanasi

by Richa Srivastava

I've always wondered why Kashi attracted tourists from all over the globe. You have to visit the city to get the answer for it. Varanasi at first seems like most of the North Indian cities, busy and congested. But, as one begins to explore the areas along the crescent shaped Ganga, it starts to reveal itself in its full glory.

I began my journey in Gadolia (Chowk Bazar) a market primarily for sarees and cloth material but before you make it to the shops or Gaddis, you'll be greeted by a teeming mass of humanity, much like the surging Ganga in the monsoons. It is impossible to drive through, so be prepared to navigate on foot. Some of my earnest friends took to sampling street food by the wayside. They had their fill of delicious Chaat and Golgappas while I waited in the taxi with the discipline of a Singaporean. As in life, it's the attitude that defines the journey, so in Varanasi, the openness to adventure will bring in new flavours, sights and sounds and you will slowly discover the calm in the chaos.

According to Hindu mythology, Kashi is said to be founded by Lord Shiva. Malviya Nagar Bridge offers one of the most magnificent panoramas of the

Ghats. It is believed Harishchandra Ghat and Manikarnka Ghat are gateways to Moksha, the ultimate salvation from the cycle of birth and death. While the Dashasameth Ghat is famous for its Devdeepavli, the boat ride and Ganga Aarti are like celestial events. Here one gets to witness the temporal meeting the sublime in a rhapsody of mantras. The best season to travel is around Diwali. The traditional Ramlila is still performed with much gusto in different areas of the city specializing in a particular Kand (part) of the Ramcharitmanas.

Baba Vishwanath ji and Sankatmochan Mandir are the famous temples that overwhelm the believers. As we stepped out into the Vishwanathji Gali after our spiritual elevation we landed ourselves into a culinary heaven. Sitting on a rickety bench for breakfast over a *Dona* (leaf cup) of crunchy Kachodi-Sabzi, hot crispy Jalebis, a gigantic glass of Malai Lassi and a Beeda of Paan. It was an explosion of unforgettable flavours in our mouth.

Benaras is one of the oldest continually inhabited cities of the world and crisscrossing the city are its Galis, narrow lanes and by lanes. One might say these are

the veins of Varanasi, carrying the vestiges of cultural sedimentation over the centuries. Passing through the Galis you will hear the rhythmic sound of the weft and warp of the hand loom. Hunched over a stool or literally in a trench, a pair old hands and eyes laboriously weaving dreams with silken, gold and silver threads. I realised that handloom is fast becoming heirlooms as the new generation leaves for greener pastures.

They say spirituality is experiential, so is Varanasi, you have to go there with the openness of a seeker to absorb its essence.



Richa Srivastava has been calling Singapore home for a little over 5 years now. Though a law graduate, these days her passion is anchored on less litigious pastures of writing, cooking and unearthing Indian fabric weaves.



Dilli Dilwalon Ki!!

by Alka Joglekar

Everybody considers one city to be their home and for me that is Delhi. Not only because I was born & raised there but also because of the people, their large-heartedness, their zest for life and of course the food! They don't say Dilli Dilwalon Ki for nothing!

Delhi to me is the cold winter mornings when you go to drop your daughter to school and cannot see the bus in front of you until the driver honks because of the thick fog! It's wearing lots of winter clothes and toasting your toes in front of the heater! It's eating piping hot gulabjamuns and jalebis from the hawker on the street! It's going for a picnic to the lawns of Safdarjung's Tomb & feeling history all around you! It's a Sardar shopkeeper wearing a Banarasi sari & modelling in front of you to persuade you to buy it! It's a taxi driver trying to con you by taking the long route & when you tell him you are a local, laughing it off & going the right way!

Old Delhi is the original Delhi & you can see the difference between old & New Delhi in the people & the way they speak. Old Delhi is from Mughal times & you can see the *Adab* (refinement) & *Lehza* (style of speaking) of the Mughals everywhere. The style of speech is quieter and milder. New Delhi was mostly settled by the Punjabis who came from Pakistan during partition. They were displaced, angry, had lost everything & had to struggle against great odds to survive. So New Delhi is brash, rough & ready to fight but is also very hard-working (specially the Sardars). The food also has the same difference – Old Delhi has rich food using traditional & expensive ingredients made with age-old recipes while New Delhi has quick-fix dishes invented by the migrants that were filling but not too difficult, expensive or time-consuming to make.



Which brings me to the food in Delhi! Paranthé-wali gulli with its row of shops selling only stuffed paranthas, Karim's which traces its lineage back to Bahadur Shar Zafar's bawarchikhana (kitchen), fruit sandwich made of mango slices between white bread slathered with white butter & sugar (sounds weird but is one of the most tasty things I have eaten), Malai Makkhan (available only for a short time in winter morning because it is made from the dew-mixed froth that collects on top of milk in the morning), chhole-bhature, aloo tikki, gol-gappa (totally different from the pani-puri you get in Mumbai or the puchka in Kolkata). I used to conduct food walks in Old Delhi for family & friends so I can go on and on.....!

Delhi is not safe for women, the people are not very polite – all true but there are good & bad things about every city. In Mumbai, my 16-year old daughter could come alone by auto at 11PM which she

cannot do in Delhi. In Delhi, I can go shopping at 3PM which I cannot in Pune because the shops shut down between 2 and 4PM. In Delhi, I could just pop over to my friend's place for a coffee & chat which doesn't happen so much in Singapore. So there has to be a give & take & you have to decide what works for you.

Delhi is like that Uncle in your family who is politically incorrect and has sexist views. But he is also very jolly, always has time for you & very good fun to be with! So you may be embarrassed by him & yell at him in private but he is still family & you love him!

.....
Alka Joglekar was born & brought up in Delhi and has been in Singapore for the past 2 years. She loves travelling and experiencing the local food scene wherever she travels!





WALK for a Cause

by Jainee Gandhi

IWA held a ramp walk with Rotary Club on 13th August to raise funds for research on Crohn's & Ulcerative Colitis. This was no ordinary walk; we showcased different weaves of India. A whatsapp group was formed and we all had to write about the states whose weave we were representing.

On the first day of practice, I realised that this is serious. Our choreographer, the highly accomplished Raffel was frustrated with our clumsiness but he never let his cool down. He simplified the walk for each one of us, breaking it down to different aspects and explaining each nuance.

An event is as successful as its coordinators. Here it was not mere coordinating but talking to participants, talking to Rotary, managing the choreographer's time, venue-hunting for practice, coordinating with makeup and hair artists. Selme & Abhinika made this mammoth task look flawless.

The actual day of event was glamorous. Back stage fun, green room fun, on stage fun... We all walked the ramp in our delicate weaves and the story came to life with Sukanya's description of each weave.

I could go on and on about this event. This is only my second month in Singapore and I am glad I did this!



Jainee Gandhi is an image consultant and a new but active IWA member.



Bhutan

by Adarsh Krishnan



Bhutan was exciting, relaxing, and gorgeous, bundled together to give a wholesome holiday. The excitement starts with landing in one of the most dangerous airports in the world in Paro, where a specially trained pilot swerves the plane left, right, and centre to avoid clipping the side of a mountain with the wings. However, the excitement doesn't end there. Driving along mountainous routes is no easy task for any driver, with winding roads covered in rocks and mud thanks to the rainy season. But that's not what caught my eye at the start. All I could do was stare in awe at one of the most gorgeous countries in the world. Hanging clouds covering snow-capped peaks, amazing views, and great food. Bhutan has it all. Our trip took us through Thimphu (the capital), Punakaha and Paro. Thimphu is

home to the Royal Palace of Bhutan, and it certainly lived up to our expectations. The palace grounds look like a gem in the middle of the night, and looks grander than ever in the day. Another attraction was the golf course next to the palace, with beautiful views of the mountains. Punakha was our next stop, but is the trip complete without being on top of a mountain? Absolutely not. Our pit stop was Dochula Pass. Situated at 3,100m (10,000 feet), the place lives up to the expectations of being breathtaking. Covered in clouds, we looked into the distance and past the mist was yet another snow-capped mountain. After taking in the views, we descended down to Punakaha to a hotel in paradise. With a river flowing in the middle of the valley, the hotel complemented its superb service with those amazing views. Taking a

winding route around the mountain, we reached Paro for the final leg of our trip. This portion of the trip was reserved for shopping. There were different Buddhas and other traditional artifacts that we bought. The entire trip was also filled with wholesome and diverse meals, ranging from a spicy Bhutanese Ema Datshi (chillis and cheese) to various other Indian curries. The food came in large portions that we could barely finish, but it was so delicious that we just kept on eating. Bhutan was an amazing experience!

Adarsh, son of IWA member Latha Vinod, is a 2nd year student at UCLA. His hobbies include travelling, finance and acting.



We have a Dream

by Shambavi Vaidyanathan

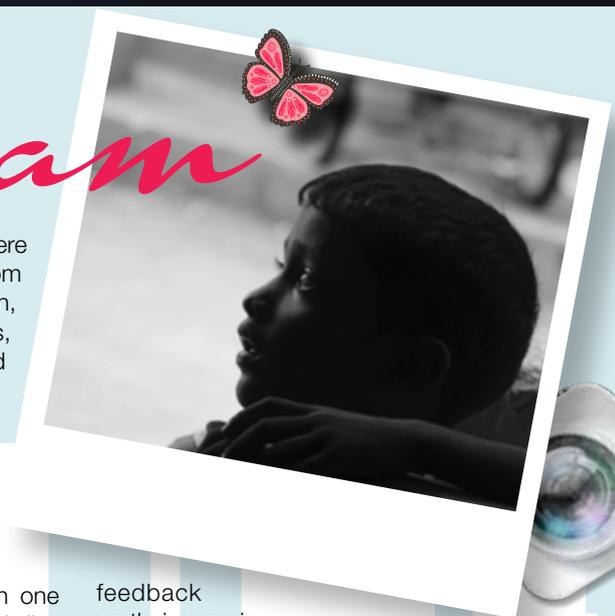
I have a vision, and in that vision, I see a world where every child is given the opportunity to rise, a world where young minds are free to do what they love doing, a world where education is not a privilege but is a basic right. I won't just envision and dream about that world, but I want to make sure it happens, because every step taken makes a difference. Child labour, is a crime which is prevalent in many parts of the world, that needs the attention of society. I interned with an organization named CRY (Child Rights and You) in India, where I worked with kids who live below the poverty line in the slums of India and tried to understand the reasons behind kids not attending

school. The reasons identified were low parental income, distance from school, poor quality of education, inability to support schooling (fees, books, uniforms), poor health and nutrition.

As part of their social programs, the governments in India have set up hostels in most of the big cities of India to enable easy and safe access to school.

I had the opportunity to work in one such hostel where close to 300 girls live and are given food, clothes and shelter for free. We held a workshop called "Me and My school" at this hostel, during which, we conducted a survey to gather

feedback on their experience in schools. The results of this survey were then sent to the government for further improvement. We also held a talk about how continuity of school is very





important and spent some time with all the girls to understand what their life was like. We went back into the slum area and held a health camp where doctors checked kids and their parents for the whole day. We concluded that improper education of health and hygiene, is one of the main reasons why most of these kids do not attend school. Once

the kids got checked we gave them all a full health report and a few refreshments.

I made a 4 minute documentary using all the videos and photos taken during these camps. This video will not only help raise awareness among young adults but will also make them want to do something about this crucial world problem. Many of us know about child labour and what it is, but not many actually do something about this because not enough information and importance are given to this issue. Did you know, over 200 million children around the world are working, and 73 million of these kids

are under the age of 10 ? To bring that into perspective, the population of Singapore is 5.6 million. So what are you doing today to stop child labour ?



Shambavi, daughter of IWA member Hetal Shah, is a high school student who is very passionate about Child Labour Movement. Loves outdoors, photography and bollywood dancing.



How to get arrested in MELBOURNE

by Antara Joglekar

Right in the heart of Melbourne's business district is the Old Melbourne Gaol. In the jail complex is the City Watch House where you start your journey as a convict. It's a 40-minute interactive session, where you are thrown into jail by the guide who is a Charge Sergeant. You get to see firsthand how the criminals are treated in jail as the guide acts like a real prison officer.

Commands like "Stand straight", "What are you laughing at punk?" are a routine part of the guide's commentary. However, that is short-lived as the minute you are out of the jail, the guide becomes a gracious host! While in jail, you are given a charge-sheet with a name and the crime assigned to you. The prison officer frisks for any concealed contraband and if you're lucky (or is it unlucky?), you get handcuffed. Next comes being locked in an actual cell for 10 minutes in complete darkness. In the end, you can click a mugshot of yourself as a souvenir.

Next to the jail is the Old Gaol. It was once known to be the home of Australia's most notorious criminals including the infamous bushranger Ned Kelly. Death masks, actual revolvers, the gallows are on display for tourists. There are tours available for the jail during the day as well as at night. Double spooky, right?



Antara, daughter of IWA member Alka Joglekar, is a passionate photographer, traveller & wild-life enthusiast. Melbourne is one of her favourite cities and she loves out-of-the-box, random travel experiences.



Fitness Club

by Vidya Dasgupta



Following my move to Singapore, I was in awe of this country's greenery and the number of physically active people I saw around me on a daily basis.

I joined the IWA in the New Year and then the IWA Fitness Club, which gave me some of my most treasured memories.

The first event that I attended as a member of the IWA, was the Kundalini Yoga session conducted by Ms. Pamela. Kundalini Yoga also known as the Yoga of Awareness, incorporates dynamic movements, varied breathing techniques, meditation and chanting of mantras such as Sat Nam against a background of Western Indian music. Given the number of years that I had practiced BKS Iyengar Yoga, this new form of Yoga (new to me), instantaneously transported me to a state of tranquility that I hadn't experienced before.

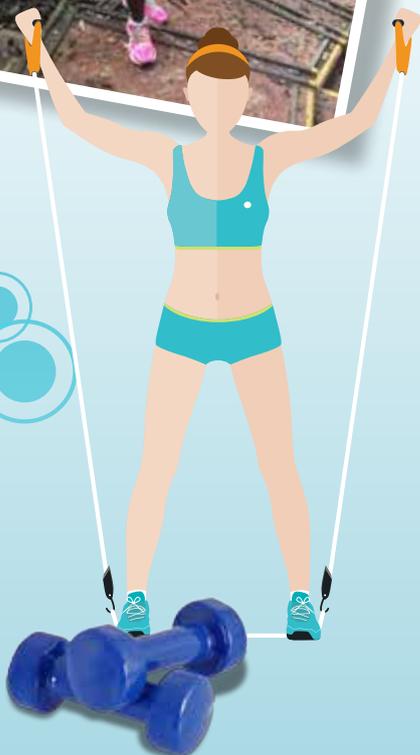
Furthermore, I was driven to undertake various nature trails in an attempt to experience Singapore's greenery, first-hand. IWA's fitness club gave me the opportunity to undertake one such nature trail along the forest marshlands tucked amidst the bustling Central Business District—McRitchie Reservoir.

It was on one beautiful Sunday morning that my fellow members and our families

discovered these marshlands. Together, we conquered a trail of eight kilometres, a total of 10,000 steps. The highlight of our trek was the breathtaking view from the 250 metered suspended bridge and the photo session that followed on the spiral stairs.

Additionally, my fellow IWA fitness members and I, undertook a nature trail along one of Singapore's tallest hills, the Bukit Timah Summit. I was inspired to conquer this trail after I had spoken to a senior citizen who we met en-route and who had the strength to conquer the summit at least 7 times on the very same Sunday morning. This trail taught me to push myself beyond my limits. On reaching the highest point, wanting more of the summit, we decided to undertake the trek for a second time!

I can't wait to explore more of Singapore's magic through my activities at the IWA.



Vidya Dasgupta is a Chartered and Cost Accountant. She loves running, BKS Iyengar Yoga, reading and travelling.

Vidya now Co-chairs IWA Fitness Club.



IWA Movie Club! Beyond Bollywood!!

by Rakhi Shankar

I have always been fascinated by the world of movies - there is drama, suspense, emotion, action! Good movies take you on a ride; the ride can be exhilarating, scary and even uncomfortable at times but never boring! Great movies are unforgettable and haunt you for life. Movies are an inherent part of life, especially for Indians. We have many, many releases throughout the year and look forward to the mega releases around the time of main festivals. In the words of Bollywood icon Shahrukh Khan, "Cinema in India is like brushing your teeth in the morning, you can't escape it." From watching 'Sholay' as a child to '3 Idiots' or 'PK' more recently, Bollywood has remained a part of my staple diet. However, staying outside India, has stoked my curiosity about other cultures, other genres, other cinematic greats from Hollywood and Asia. Many of us would have seen movies by the great Hollywood directors such as Stephen Spielberg, James Cameron, Martin Scorsese etc. Some of us would have also watched movies, in English, by Asian directors such as Ang Lee and Mira Nair. But, how often do we watch movies by Asian directors in their own native languages, with excellent subtitles? The IWA Movie Club provides this opportunity and, for me, has been that missing piece in the rich tapestry of movies!



Though only a few movies old, the IWA Movie Club has introduced me to a whole new world. The first two movies we watched were Chinese classics, 'Raise the Red Lantern' and 'Farewell My Concubine' by the highly acclaimed directors Zhang Yimou and Chen Kaige, followed by the Hong Kong movies 'In the Mood for Love' and 'The Grandmaster' by Wong Kar-wai. Besides the wonder and beauty of the movies themselves, the real benefit of seeing these films with a club is that there is always stimulating discussion that follows which helps to deepen and glean insights which such nuanced films portray. The regional knowledge of club members also helps to understand the cultural references in the movies better.

The Club organises movie screenings once a month and I eagerly wait to see the next gem selected by the lovely Selme and team. My sentiment is best captured by, who else but SRK, "Picture abhi baaki hai mere dost."



Rakhi has lived in the US, UK, Singapore and India. She manages the weekly IWA newsletter and enjoys participating in other IWA activities. Rakhi loves to learn and read about different cultures and enjoys cinema.

URBANdesis.com

Taking India everywhere

THE LIFESTYLE PORTAL FOR INDIANS IN SINGAPORE

WWW.URBANDESIS.COM

FACEBOOK.COM/URBANDESIS





HELPING YOUR CHILD

FIND FOCUS AND MINDFULNESS

by Pamposh Dhar



Over the years, many parents have asked me how to get their children to be more focused. The parent's main concern may be the child's lack of focus on studies, but often there is a wider fear that the child is easily distracted in all things. Some parents think their child may have attention deficiency disorder (ADD).

I discourage parents from diagnosing and labelling their children with the ADD tag. To some extent, all children are easily distracted – it is the nature of a child to be restless. At the same time, one cannot deny that attention spans are shrinking.

So what can parents do to help their children be more focused and less prone to distractions? To begin with, delay access to electronic gadgets. There is nothing that discourages a focused approach to life more than the constant distractions of SMS and whatsapp messages, email, and facebook posts. Actual calls may in fact be the least of the distractions, even on our phones. As kids grow older, peer pressure on social media will be added to this already quite heady mix.

After a short talk on mindfulness, a young man asked me how he could “wean” his 4-year-old son off the iPad. Rather taken aback to hear that a 4-year-old was “addicted” to a tablet, I asked when he had started using one. The answer left me speechless: when the boy was 18 months old.

There is no magic age at which every child is ready to start using smart phones, tablets and social media

sites. You will have to decide what is best for your child.

But let your children enjoy the real world before they plunge into a world of gadgets and, eventually, of virtual reality. Let them learn to develop relationships based on seeing and speaking before they move on to “chatting” via instantly delivered messages. Let them play in the physical world before they start playing online games.

Meanwhile, model focused behaviour for your children. Children learn more from what they observe than from what they are told to do. The more focused you are around them, the more mindful they will learn to be. If you pay full attention to them when they are sharing something with you that is important to them, when you are not distracted while talking to others in their presence, then your children will understand the importance of paying attention.

But if you yourself are not fully present when you are conversing with your kids, or if they see you forever multi-tasking, unable to pay your undivided attention to any one task, they may conclude that paying only partial attention to the task at hand is quite acceptable. Sometimes multi-tasking is unavoidable; but it should not be the norm at home (or in school).

Besides all this, you can more actively teach your children to focus better

through mindfulness practices. In addition to focus, these practices can also help children to lose stress and gain calmness, to effectively manage their emotions and to become more self-confident.

Young children are usually open to trying anything that is new to them, but may be too restless to sit calmly in mindfulness practice for any length of time. We need to modify the practices to bring in some movement and give the idea of mindfulness an interesting spin.

Teenagers may see mindfulness as “uncool,” but generally respond quite well if we can find ways to engage them and give them the space to explore the idea at their own pace.

It is worth the patience and effort to help children, at any age, master the art of mindfulness practice. It will enrich their childhood and stand them in good stead throughout their lives.



Pamposh Dhar is a counsellor and personal development coach who works with both adults and children. She also teaches meditation, mindfulness and Reiki energy healing.



Look Good Post Flight

A long flight can take a toll on your face but you don't have to step off the plane looking like a wreck.

Put cramped quarters, dry recycled air and endless hours up in the air together and you'll have a recipe for a beauty disaster. But fret not, we put together a list of pointers on how to look great – now you can sashay out of the airport looking your best:

GO BARE

To look fresh-faced after you land, make sure that your skin is free of make-up before you board the plane.

"It will be optimal to leave your skin without any make-up during a flight as your pores may be clogged. This will result in an acne breakout," says Dr Paul Chia, Specialist in Dermatology & Consultant, Raffles Skin & Aesthetics. If you are not comfortable going around without any make-up, keep it minimal to sunscreen, a tinted moisturiser and a lip balm to keep your skin and lips well hydrated.

SALON IN THE AIR

Bouncy, nice-smelling hair after a long flight is not impossible. No, we are not suggesting that you bring a personal stylist to the skies with you. All you need is a bottle of dry shampoo or hair powder. Simply rub it into your scalp and there you have it – instant voluminous hair.

BANISH PUFFY, BLOODSHOT EYES

Did you bawl your eyes out while watching an in-flight tearjerker movie, or are your eyes just prone to dryness? Request for some ice from the cabin crew, wrap it in a handkerchief or layers of paper serviettes and apply it under the eyes. It'll soothe and shrink those unsightly eye-bags in a jiffy.

HYDRATE YOUR SKIN

The atmospheric conditions at a high altitude can lead to dehydration and dry skin. Dr Paul Chia recommends applying water-based moisturiser (or oil-free moisturisers). "They tend to not add oil to already oily skin or clogged pores. Avoiding clogging the pores is particularly important if you have acne-prone skin. In addition, a water-based moisturiser will provide a better and more even base underneath makeup," he added. So slap on a layer of water-rich moisturiser that contains hydrating ingredients such as hyaluronic acid before you travel to keep your skin fresh and moisturised.

MASQUERADE

A sleep mask can be useful if you hope to do more than just doze on the journey. You will find that it'll help you sleep better in a brightly-lit cabin. After all, if you are properly rested, chances are you will look fresh and happy.

Consider a face mask to prevent yourself from catching any viruses from passengers who are ill.

KEEP THE BLOOD FLOWING

Support hosiery is a great way to avoid circulation problems. Guys can benefit with support socks too. Even when strapped down and facing air turbulence, you can flex your ankles in an up-and-down motion to keep the circulation going in your feet and legs. Every hour or two, take a walk to the bathroom.

SEEING RED

Wearing contact lenses at high altitudes is unpleasant and may cause dry, bloodshot eyes. Unless your flight is less than four hours and you are not planning to sleep through the flight, consider changing into a pair of spectacles for a more comfortable flight. Bloodshot eyes

TRAVEL ESSENTIALS

Your beauty cheat box – pack these items into your carry-on before you fly!

- **Facial wipes**
Great for refreshing your face or removing old make-up.
- **Moisturiser / Hydrating Spray**
A must for a well-hydrated skin while at 10,000 feet in the air.
- **Hydrating Lip Gloss / Lip Balm**
Chapped lips are a big no-no, apply lip-balm generously for plump, kissable lips.
- **Dry Shampoo**
Oily scalp? Get your tresses bouncy and clean with just a simple spritz of dry shampoo.
- **BB Cream**
A little BB cream helps to even out your complexion.
- **Blusher**
Add a little colour to your cheeks for a radiant finish.



can be remedied with eye drops or cold compresses to help constrict the blood vessels in your eyes.

TOUCH UP

Congratulations, you have survived your flight and will be touching down to your destination soon. To avoid looking like an extra from The Walking Dead, touch-ups are a must! Apply a fresh layer of tinted moisturiser or BB cream to even out a fatigued complexion and add a little blusher for a healthy glow.

Brought to you by

Your Trusted Partner for Health

RafflesHospital
Singapore

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

Celebrate the Festive Season
with Sony Entertainment Television Asia



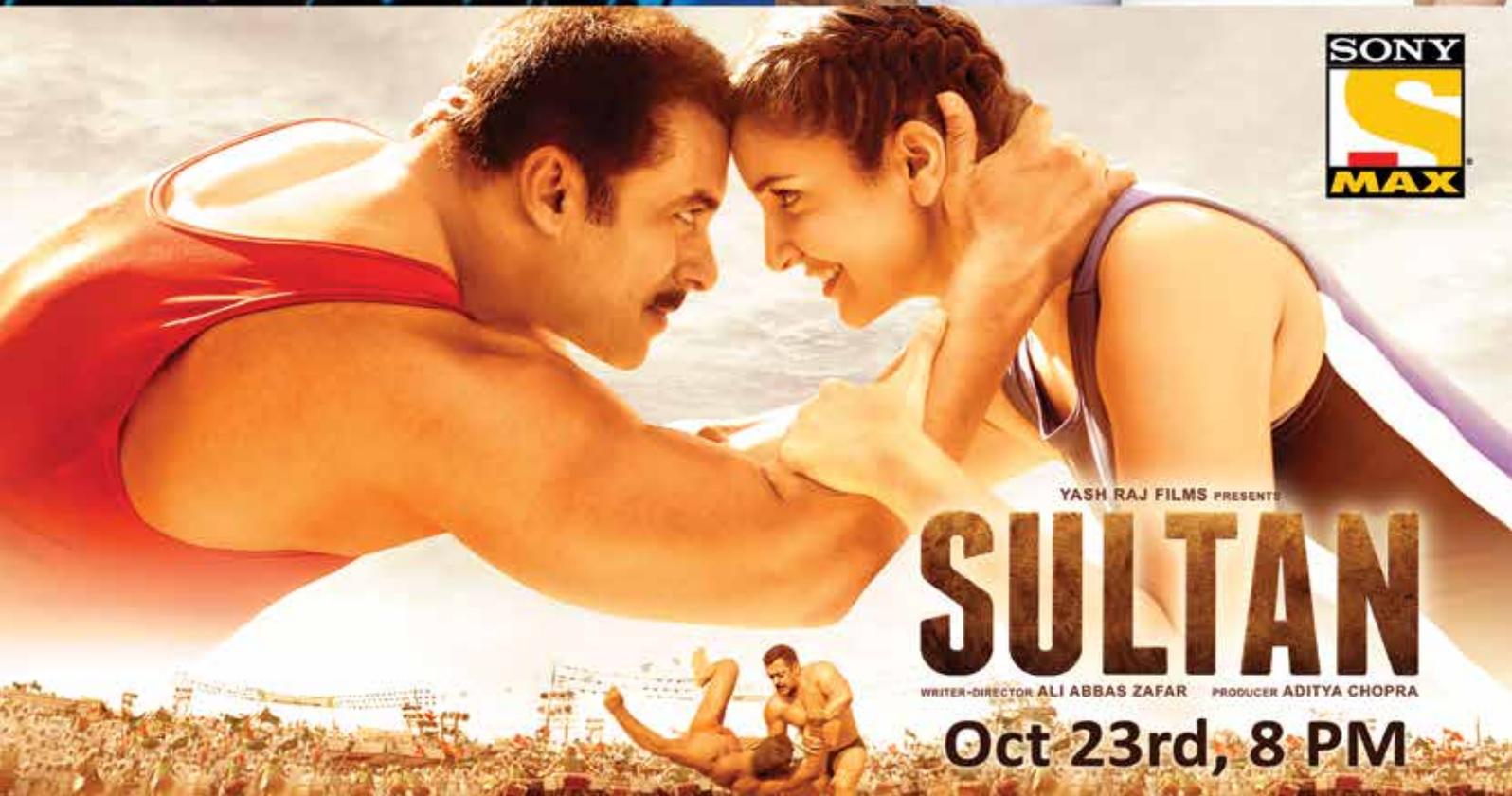
SONY
ENTERTAINMENT
TELEVISION ASIA

*Indian
Idol*

COMING SOON



SONY
ENTERTAINMENT
TELEVISION ASIA



SONY
MAX

YASH RAJ FILMS PRESENTS

SULTAN

WRITER-DIRECTOR ALI ABBAS ZAFAR PRODUCER ADITYA CHOPRA

Oct 23rd, 8 PM

 SETVasia |  @SETVasia |  www.setasia.tv

To Subscribe call : StarHub 1630. Singtel TV 1609 and YuppTV
For Business enquiries call +65 8157 2032

WALK-A-THON



ENTERTAINMENT TELEVISION ASIA

Sony IWA Woman of the Year Award 2016

Do you know an exemplary woman of Indian origin, living in Singapore, a Social Entrepreneur who has followed her heart with courage and conviction to make a difference to the community?

A fore-runner in her field, who has the grace and courage to lead from the front, inspire others, and give back to the deserving and needy.

NOMINATE HER NOW!

Send Your Entry with
Biodata, Contact No. & Photograph to

setasia@spe.sony.com
woty@iwasingapore.org

Last date : Oct 6th, 2016

*Terms & Conditions apply



Gourmet Goddess Club



Art Project

Writing Club



Siglap South CC Art Show

Book Club



Movie Club

Adda Club



Music Club

Meet the Biking Queens





Summer Bazaar

Raffles Hospital Talk

iCare Swami Home

With Nagesh Kukunoor

Entrepreneur Club

With Anshu Gupta of Goonj

Health and Fitness

Proud partner of the
Indian Women's Association



SINGAPORE'S INTERNATIONAL SCHOOL FOR GLOBAL STUDENTS

Why choose GEMS World Academy (Singapore)?

- **The Future School:** Global initiatives such as our ground-breaking Blended Learning, STEM programme and focus on entrepreneurship ensures that the education our students explore today, supports their aspirations for the future
- **International Educators:** Committed and child-centred, our globally experienced teachers are the true difference for our Indian and international students
- **Internationally Certified Curriculum:** Our IB World School status, Cambridge International School accreditation and EduTrust certification enables families to join us from anywhere in the world, to move anywhere in the world
- **Parent Engagement:** Our parents are active partners with us in community service and parent engagement opportunities

GEMS World Academy (Singapore) is owned by GEMS Education, the world leader in K-12 education

CONTACT US NOW
PRE-K TO GRADE 12

+65 6808 7300 info@gwa.edu.sg www.gwa.edu.sg



World Academy
(Singapore)