

THE LOTUS

A Monthly Publication of the Federation of India Community Associations (FICA)



Nov-Dec, 2019 | January 2020

Since 1967

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Republic Day - 2020

Dear Friends,

Federation of India Community Associations (FICA), invites you to join us as we celebrate India's 71st Republic Day on Saturday, February 1, 2020, at the Embassy Suites in Independence, OH. This marquee event, that has been celebrated for over 25 years, will begin at 6pm sharp.

We appeal to each and every one of you to attend and support your community. The evening will showcase many of FICA's growing initiatives that service not only the Indian community but the Cleveland community at large.

In addition, the evening will include Indian food, music and dancing. So put your dancing shoes on and join us for a fun-filled evening!

We look forward to seeing all of you. For program details and to purchase the tickets, please see the attached flyer.

Sincerely,

Ritu Mahna, President
&
RD 2020 Committee

FICA CELEBRATES
India's 71st Republic Day
Saturday, February 1, 2020 | 6pm Onwards
EMBASSY SUITES BY HILTON
Cleveland Rockside
5800 Rockside Woods Blvd. N · Independence, OH 44131

ENTERTAINMENT | APPETIZERS | DINNER | FUN

Adult (Early Bird) \$65
Adult (After Jan 20) \$75
Kids (Age 13 & under) \$40
Entertainment for kids will be provided

CONTACTS
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Nipa Turakhia: 440-668-0378
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Ritu Mahna: 216-577-3210
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Hemant Kanodia: 440-503-9345
Geetu Raina: 216-403-1965

Email: president.ficacleveland@gmail.com

Go to the following website to buy tickets: <https://www.tickettailor.com/events/federationofindiaindiancommunityassociation/333258>

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12412 CEDAR ROAD
CLEVELAND HEIGHTS, OH 44106
Or Current Resident

clevelandfilm.org

CLE
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FILM
FEST **44**

SAVE THE DATES
MARCH 25–APRIL 5, 2020
TOWER CITY CINEMAS

RIDE RTA TO TOWER CITY





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Helping Hands

Mala Garg (Chair)
Poonam Punwani (Secretary)

Editor's Note

Change of hands.... and A year in review.....

SANGITA BAFNA

Dear Friends of FICA,
Happy New Year, 2020! With pleasure I have accepted the responsibility of the community newsletter Lotus. I sincerely thank Cheryl D'Mello, the departing Editor, for her dedicated service to the newsletter for the last 2 years.

Let us begin the year 2020, with a quick "year in review" for 2019.

1. Dr. Atul C. Mehta recognized: Dr. Atul C. Mehta, an outstanding member of the Indian community, was named among the Giants of Chest Medicine. Dr Mehta, an educator and a mentor at the world-renowned Cleveland Clinic, has lectured in more than 60 countries around the world! He is known for his "deep commitment to patients' well-being; his voracious appetite for scholarship, research, and innovation; his generosity of spirit, sweetness and humility of character; his total devotion to family and community and his appetite to embrace a challenge."

2. Wheelchair Basketball Federation of India visited Cleveland in March, 2019

3. Cleveland International Film Festival, 2019 Rima Das won an award at the 43rd Cleveland International Film Festival. She received the "Someone To Watch" award at CIFF43, where two of her films were shown. "A one-woman army, she has taken on the mantle of writer, director, producer, cinematographer and editor for most of her films." She's truly a multi-faceted talent.

4. Hindustani Mehfil Cleveland Celebrated its First Anniversary: The group explores Hindi and Urdu geet, ghazal, and poetry. The members have presented their creativity in local events including the Annual Hindi Day Celebration by the International Hindi Association (IHA, Cleveland) and in the local Hindi and Urdu poetry gatherings. For more details or for those interested, please contact Narender Singh: 440-413-2735 or Tej Pareek: 216-375-6691

5. Cleveland International Hall of Fame Inductee Prof. Sree N. Sreenath was inducted in Cleveland International Hall of Fame. Prof. Sreenath has been President of Sewa International since 2009. A Hindu faith-based charitable nonprofit specializing in disaster recovery, education, volunteering, and development, it has 43 Chapters across the country and has served in rescue, relief and rehabilitation efforts in 25 disasters worldwide.

6. Anand Mela, 2019. The Federation of India Community Association (FICA) celebrated India's 73rd Independence Day by hosting a fun and a successful Anand Mela on August 25, 2019 at the Strongsville Recreation Center in Strongsville, Ohio. This well received and successful event was attended by many community members of Indian and American descent.

7. The Cleveland Cultural Gardens held their 74th annual One World Day on August 25, 2019. The event began with an opening ceremony and the naturalization of 24 new U.S. citizens from 18 countries. The subsequent Parade of Flags included cultural groups representing each of the gardens and other Cleveland-based ethnic groups. The celebration continued with education, music, dancing, and food sponsored by local cultural organizations at each garden. In the spirit of the Cultural Garden's official motto, "Peace through mutual understanding,"

participants walked from garden to garden, experiencing history and culture in a celebratory and welcoming atmosphere.

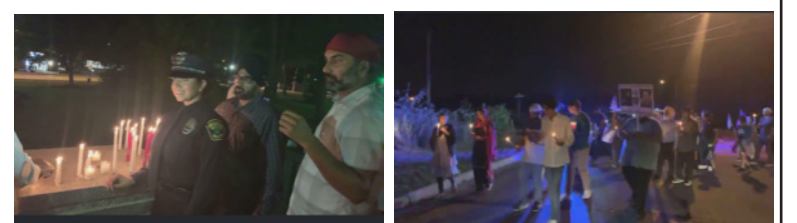
8. A community in mourning, with the passing of Mrs. Nehal K Shah : The shocking, untimely demise of one of FICA/Lotus's own members, Ms. Neha Shah, sent shock waves throughout the community. Neha was a vibrant, active member of the FICA family. One day she was texting over information for the Lotus, next day she was gone, making us realize how fleeting and fragile our time is on this earth. May her soul RIP.

9. A Vigil held at the Cleveland Gurdwara for a fallen Sikh Sheriff's Deputy: Sandeep Singh Dhaliwal, the first observant Sikh to become a Sheriff's Deputy in Harris County, TX, was killed on September 27, 2019 while on duty. Sandeep was 42 years old and was a 10-year veteran of the force. He was conducting a routine traffic stop on September 27th, and was returning back to his car when the passenger left his vehicle and shot him in the back of his head. He was the first Sikh who pushed for a historic expansion of religious rights in the department, and was therefore known as a trailblazer. Deputy Dhaliwal was known for his life of community service. His father served in the Indian Navy and his uncle served in the Indian military.



On September 30, 2019, a Candlelight Vigil was held at the Twinsburg, OH Gurdwara, to honor Deputy Dhaliwal; there were over 300 plus individuals in attendance. The event began with speeches from the Sikh community's local youth, followed by Maple Heights Chief of Police, and a local Sikh police officer (Harbeen Kaur).

In attendance were police from many neighboring Cleveland communities, who also joined in the march from the Gurdwara to Twinsburg Town Square, where the Candlelight Vigil was held. Deputy Dhaliwal's death did not go in vain. It attracted nationwide attention to bring changes to racial profiling and religious diversity tolerance. Even in death, he made a difference.



FICA Sister Organizations

- Association of Asian Indian Women of NEO
www.aaiwo.org | Lynette Sequeira
- American Federation of Muslims of Indian Origin
www.afmi.org | Dr. Razia Ahmed
- Association of Indian Physicians of Northern Ohio (AIPNO)
www.aipno.org | Dr. Mona Gupta
- American Society of Engineers of Indian

Origin (ASEI)
www.asei-usa.org | 440-734-1830

Bengali Cultural Society
www.bcscl.org | Soumitra Ghosh

Ekal Vidyalaya Foundation
Sreedhar Nair

Gujarati Samaj of Grtr. Cleveland
www.clevelandgujaratisamaj.org | Nilesh Patel

Guru Gobind Singh Sikh Society
www.clevelandgurudwara.org

Guru Nanak Foundation
www.gurunanakfoundationrichfield.com

India-Ohio Chamber of Commerce
www.indiaohiochamber.com | Radhika Reddy

Indian Christian Association, Michael Sreshta

Jain Society of Greater Cleveland
www.jsgc.org | Jitu Shah

Kasturi Kannada Society
www.kasturikannadasangha.org | Meena and Humchad, President

Kerala Association of Ohio
www.kaoh.org | JayaKumar

NEO Marathi Mandal (NEOMM)
www.neomm.org | Shekhar Ganore

Marwari Association | Sushila Mohanka

Orissa Society of America | Birendra Jena, (330) 544-1725 | birendrajena@hotmail.com

Punjabi Cultural Society
www.guidestar.org | Burjinder S Dhanoa

NEO Telugu Assn (NEOTA)
Telugu_Mitra@yahoo.com | Prasad Muvva

NEO Tamil Sangam (NEOTS)
www.neo-ts.org | Jayabalan Sankarasubramanian

South Asian Bar Association of Cleveland
sabaohio@gmail.com | Ruchi Asher, http://ohiosaba.weebly.com/

NEO Sri Lankan Association (NEOSLA)
Cleveland_Lankans@yahoo.com

FICA celebrates Mahatma Gandhi's 150th Birthday

October 2nd, 2019 was a rainy, gloomy day, but that did not deter dedicated members of FICA and the Indian community, from celebrating Mahatma Gandhi's 150th birthday at the India Cultural Garden. Under a large canopy, the event begin with the two National Anthems by Swati Sathe, Tanmayee Dixit and Harsha Rane, followed by Bapu's favorite bhajan... "Vaishnav Jan." Sudarshan Sathe, Chair of FICAs Board of Trustees, spoke a few words on Mahatma Gandhi's life, values and beliefs.

Despite the rain, the event attracted a large crowd, including an associate (George) from Margaret Wong's office, Dan from Cleveland.com, Ritu Mahna (FICA President), Satish Parikh, and many more. Celebration of Gandhi's birthday at the Cultural Garden was a vision of the late Mrs. Nehal Shah. Her husband, Kalpesh Shah and daughter Shree Shah, honored Neha's wish by organizing this successful event. Snacks and tea were served by the restaurant Tadka.

It was wonderful to see the community gather to celebrate Bapu, "the Father of India."



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Sign into your Amazon account as usual. Then enter Smile.Amazon in the URL bar and select Federation of India community Associations of N.E.Ohio Inc. Solon from the pull down menu for the charity you want to give to, and proceed as usual with your order.



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FEDERATION OF INDIA COMMUNITY ASSOCIATIONS OF NORTH EAST OHIO

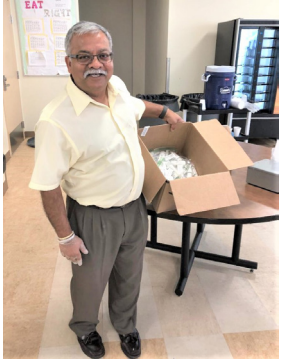
"An eye for an eye will only make the whole world blind."





Project Seva Serves Meals at Salvation Army Zelma George Emergency Family Shelter

SANJAY GARG



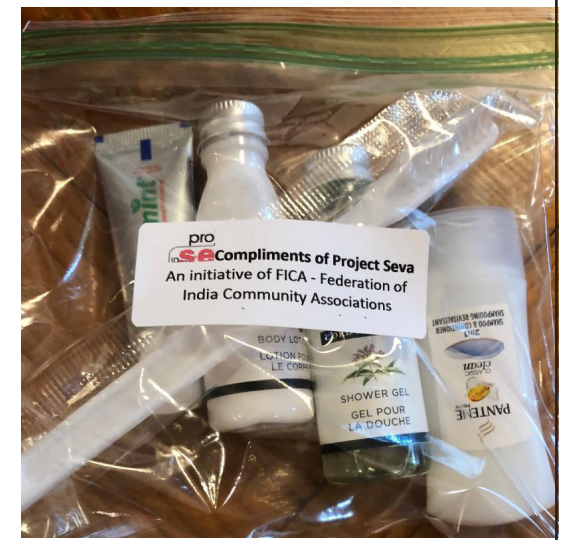
Project Seva has been sponsoring monthly meals at 3 local area churches for many years now. In May 2018, Project Seva started sponsoring meals at the Salvation Army's The Zelma George Emergency Family Shelter once every other month. The shelter is centrally located in downtown Cleveland. As the premier shelter for homeless families in Cleveland, the Zelma George Shelter (ZG) collaborates closely with the Greater Cleveland/Cuyahoga County's Continuum of Care providing nearly 45% of the area's emergency shelter beds for homeless, intact families, making the ZG Shelter the largest family oriented shelter in Cleveland. The ZG Shelter operates at capacity on a nightly basis, as determined by the family structure of the clients and bed availability providing supportive lodging for 35 to 40 families each night. ZG provides short term emergency "drop in" rooms to accept the overflow from Central Intake that occurs each night when it is too late to place families in emergency housing, as well as long term housing for up to 90 days with intensive case management.

Within ZG operates the Anti-Human Trafficking component of their operations. Housed in a private suite, Human Trafficking survivors are provided with basic needs, case management and wrap-around services tailored to their unique needs in a client-centered environment. Typically they have 125-130 people enrolled in the family shelter and Survivors of Human Trafficking that eat each evening. Sometimes the overflow shelter rooms are utilized which accounts for another 12-20 people so there could be 140-155 total people served.

Mala and Sanjay Garg, and Rajshree Bhandari have been going on a regular basis to serve the meals. In 2018, Project Seva sponsored meals were served four times. In 2019 the Project Seva sponsored meals were served on April 3 and June 26, and the plan is to serve meals on Aug. 27, Oct. 29 and Dec. 16. Please contact

Sanjay Garg, sangarg@aol.com if you are interested in helping with serving the meals on the days that Project Seva sponsors the meals. We also distribute toiletries packages on behalf of Project Seva to the people attending the meals. These packages include: toothbrush, toothpaste, shampoo and conditioner, bath soap, and lotion – enough supply for an individual to use 2-3 days. The people at the shelter have really appreciated receiving these toiletries packages. Project Seva gives \$450 to Salvation Army to cover the cost of each sponsored meal, and the toiletries packages cost and additional \$100 each time.

If you would like to contribute funds to Project Seva to support this activity, then please contact Harsha Rane at hrene05@gmail.com.



Project Seva at Work

As winter was setting in and holiday lights were beginning to sparkle, Project Seva members were busy with various distribution activities such as:

1. Distribution of winter jackets, hats, scarves, gloves and winter clothing for kids to the City of Cleveland, as per their plea to meet the needs of the local shelters
2. Distribution of 300 blankets to the City Mission, Norma Herr Women's Shelter and local homeless shelters on the east/west side of Cleveland
3. Distribution of undergarments, hygiene products and winter clothing to Norma Herr Women's Shelter and West Side Catholic Center (WSCC)

In addition to the above, PS continues to serve meals at 3 local churches every month, and a hot breakfast once a month at WSCC. Our members take the

time to do conduct these activities on weekends and evenings.

We thank our generous donors and sponsors for their diligent support over the years. We request all community members to support this noble cause. We will keep you posted on our continuous efforts, as we plan our activities for the coming year.

If you are interested in donating to this wonderful cause or volunteering with us, please contact any one of our PS team members. No donation is too small!! Harsha Rane, Sangita Bafna, Seema Sharma Chitra Mishra, Poonam Punwani, Vinod/Neelam Nagpal, and Satish Parikh



When cancer strikes, a local Indian's mind is at work...

TANU PARMAR



Anant Madabhushi, PhD

The field of science and technology owes a lot to India, one of the oldest civilizations in the world.

India was a land of sages and seers, as well as a land of scholars and scientists. It was actively contributing to the field of science and technology centuries before modern laboratories were set up. The creative tradition continues with some of the countries excellent minds who have

come hither to explore their potential. One such shining star is Dr. Anant Madabhushi, PhD, professor of Biomedical Engineering at Case Western Reserve University. He has obtained the following accolades for his work:

1. the New Investigator Award for Lung Cancer, 2014;
2. the CDMRP (Congressionally Directed Medical Research Programs) Innovation Award 201
3. the Case Western Reserve University School of Engineering Research Award 2009 and many more.

Most recently, in 2019, Dr Madabhushi was called out by the Nature Magazine as one of the 5 scientists developing "Offbeat approaches for cancer research" By simplifying digital technology and imaging

involved in several cancers such as breast, lung and prostate cancers, Dr Madabhushi's work has become a global leading example in the fields of detection, diagnosis and characterization of various cancers and other diseases, by the methods of meshing medical imaging, machine learning and artificial intelligence. Simply put, his work is revolutionizing the path to simplify the process of looking at digital images of a disease and helping predict the recurrence. This information will revolutionize the way the medical world treats and cures diseases.

Following is the link to his most recent award: <https://thedaily.case.edu/biomedical-engineerings-anant-madabhushi-named-ieee-fellow/>

Medical YATRA-AIPNO ...from ANNUAL Event to WEEKLY Event ...from DIGNOSTIC SERVICES to MULTIPLE SERVICES and SUSTAINABLE HEALTH SOLUTIONS

RAMESH SHAH



Glaucoma treatments & needed Cataract Surgeries.

- Women's Health Van provides breast examinations and pap tests to detect potential cancer earlier and save lives.

- **Five Sanitary Pads machines**- empowered women to produce sanitary pads 800-1000 every day and distribute freely to young rural girls & women to improve personal hygiene & prevent infections and NOT missing any school day. Sanitary pads with AIPNO logo are now in lot of homes in & around Kharel, Guj, Bharuch, Guj, Navsari, Guj., & Ludhiana, P.

- **Water Treatment Plants** are installed in ten-10-schools around Gandevi Taluka to provide Clean drinking water to 7,000 students & communities to prevent water borne diseases and have a more healthier life; and Water

Treatment Plants are also provided in 15 schools helping 15,000 students in Vizag, AP

- **Jaipur Foot -Gift of Mobility**- has been provided to 150 amputees in Vishakhapatnam, AP and 100 amputees Gandevi, Guj. Improved mobility has transformed their lives -more productive & joyful-for ever!

- **Surgery Program** with Rotary Grants has provided long-term relief to life threatening diseases such as Cardiac, Mitral Valve malfunctioning etc. 320 Surgeries in Gandevi, Guj., were done in Yatra 2019; and 300 surgeries planned in Feb.2020 in Ludhiana, P. will provide expensive surgeries including Cardiac which indigent population can NOT afford.

- **Cataract Surgeries:** We have got Cataract Surgeries (in thousands) done in Bengaluru, Gondal, Bhopal, Gandevi, Navsari, Vizag, Orissa, Mt. Abu, and other places.

Because of partnership with Rotary Clubs & Foundation, we have invested more than \$ 775,000. in sustainable health care solutions in India.

Medical YATRA provides multiple services, diagnostic, preventive and educational. Continual improvements since 2001, & significant financial resources thru Rotary Global Grants program have made Medical YATRA a very unique, high impact program in rural health in India.

State of Health Situation in India

- "Every day, 23,000 people die in India; 6,000 of them died due to lack of proper medical attention



and the lack of medical facilities. According to the latest statistics, there is only 1 doctor for every 1,700 Indians. India is a nation of 1.3 billion people, and 70% of the population lives in rural areas with inadequate or no medical programs. Sadly, this results in people dying from diseases, which could easily have been cured with basic medication.

- Since 2001 to date AIPNO (next to AAPI) is ONLY regional NRI Physicians organization committed to be part of solution in rural India. To date, Medical YATRA has travelled to: Gujarat, Rajasthan, Madhya Pradesh, Uttarkhand, Orissa, W. Bengal, Andhra Pradesh, Tamilnadu, Kerala, Karantaka, Maharashtra, and Punjab .

- Because of shortage of Physicians in rural India and lack of Health facilities, Indian health system depend very heavily on regular medical camps (est. 50,000/year) even by local NGO's and urban hospitals to alleviate dismal situation and have become a life line.



January 26, 2001 Gujarat, India earthquake with **30,000 dead & 250,000 persons loosing their home & displaced** sent tremors 8,000 miles away in the hearts of NRI physicians of Association of Indian Physicians of Northern Ohio (AIPNO). Dr. Haria and Dr. Ajit Shah teamed up together to send Medical TEAM with significant financial resources to Gujarat in rebuilding process. That gave the birth of Medical YATRA missions in India- motherland of NRI physicians.

AIPNO adopted the successful Model of BIDADA Sarvodaya Trust, (CA & Mumbai) -a **Diagnostic Model to provide health solutions with FREE medicines**-. YES: it does provide reliefs with regular medical problems but then physicians leave India, trusting follow up to local NGOs and local physicians to do more if needed.

However, AIPNO physicians were NOT happy; **to bridge the gap of follow up and great care**, our physicians have learned a lot in 19 yrs. thru Medical Yatra Missions how to provide more sustainable solutions to rural India population, from Indian NGOs and partners from 12 different states of India and Rotary International.

Here is evolving story of Healthcare, our physicians & volunteers are providing now.

- By providing **TWO-2-Mobile buses** in Bengaluru, we are taking 'Hospital to Patients' at their doorsteps 2-3 times every week.

- Ophthalmic Van provides eye examinations;



PRESS RELEASE

The following OCI guidelines have been in force since 2005:

OCI card needs to be re-issued each time a new passport is acquired by the cardholder up to the age of 20 years.

OCI card is required to be re-issued once on acquiring a new passport after completing 50 years of age.

Re-issuance of OCI card is **not required** each time a passport is issued to a cardholder between 21 and 50 years of age.

2. This is to inform that Government of India has decided to grant temporary relaxation till 30th June 2020 in the following cases:

In case an OCI card holder below the age of 20 years has not got the OCI card re-issued on change of passport, he/she may travel on the strength of his/her existing OCI card bearing old passport number subject to the condition that along with the new passport, the OCI cardholder carries old passport mentioned in the OCI card.

In case an OCI card holder who has attained the age of 50 years and has got his/her passport renewed subsequently but has not got his/her OCI card re-issued on renewal of his/her passport, he/she may travel on the strength of the existing OCI card along with the old and new passports.

3. It is, however, advised that OCI cardholders may take steps to comply with the existing OCI guidelines in Para 1 above and renew their OCI cards as required by the rules.

New York
December 18, 2019



Re-issue of OCI card for New Passport (Documents Required)

Application Form (<https://ociservices.gov.in/>)

Passport Copy

Original OCI Card & its Copy

Parental Authorization
(only in case of Minors, wherever applicable)

Sworn Affidavit
(only in case of applicants who acquired their OCI card in the Foreign Spouse Category)

These have to be submitted at CKGS through <https://www.in.ckgs.us/oci/>. The turn-around time for renewal of OCI at CGI, New York is 2-3 days on receipt of the completed application at the Consulate.

CONSULATE IS ALWAYS AT YOUR SERVICE

Pilgrimage of a British Lady

OM JULKA

During the British rule over India, Mahatma Gandhi had become famous for his non-violent struggle against the British rule in India. A high-class lady named Madeleine Slade, the daughter of Admiral Sir Edmond Slade, heard that Mahatma Gandhi was like another Christ. So, she decided to come to India and personally meet him, even making an effort to learn some words of Urdu and Hindi before meeting him. She met 'babu' in his Ashram where she ultimately decided to stay permanently. She was gladly admitted by Mahatma Gandhi who named her MIRABEHN. She became a Khadi Clad member of Mahatma Gandhi's Ashram.

Community Resources

Meet Up Group for Women

Women age group of 25-35 are invited to join meetup.com a growing group of Asian Indian women meeting at different restaurants in Cleveland to network and socialize. Let's get together for fun, laughs, to make new friends and network. We will help each other to accomplish our goals and also give a helping hand to other women in our community.

<https://www.meetup.com/Asian-Indian-Womens-Group-Meetup/events/261546137/>

Saheli: Support Group for Divorced/Widowed Women
Contact Neeru Vakharia at: nkvakharia@gmail.com

AAIWO (Association of Asian Indian Women of Ohio)
Free confidential counseling by a professional for women and children in the Asian Indian community.

Call their helpline: (440) 218-6959

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Avvo Client's Choice 2017, Best Lawyers BEST LAW FIRMS USNews 2017

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216-566-9908 wong@imwong.com www.imwong.com

MWW Immigration Center
3150 Chester Avenue • Cleveland Ohio 44114
Atlanta • Columbus • Cleveland • Chicago • Los Angeles
Minneapolis • Nashville • New York • Raleigh

Conception of "Helping Hands"

One blustery afternoon in January, over a decade ago....Three friends chatted away about the mundane happenings in town. One spoke of visiting a friend (of a friend) in the hospital. The other, about helping someone with a gift card from Marc's (for a young mom) The third one recalled a conversation about an elderly gentleman, struggling to make rajmah (kidney beans) after he lost his spouse. He got a can, microwaved it with ketchup. He beamed with pride. "It lookst just like hers"

Suddenly there was an uncomfortable silence. It hit us like a ton of bricks! There was so much pain and suffering right under our noses. We led our insulated lives, oblivious to what was happening in the Indian community. After a brief discussion, we decided to think of some way to help ease the challenges that our own were experiencing.

Numerous meetings, brainstorming sessions later, we had formed a sort of "Mom and Pop" organization. That memorable chat over chai gave birth to "Helping Hands."

We got a host of enthusiastic volunteers from all over Cleveland and the suburbs. From helping families of patients in hospitals, to collecting and giving

kitchen supplies, furniture for newcomers to our city, prepare a home cooked meal, transportation for Dr's appointments, We have done it all.

Having said that, the bulk of our work, unfortunately, has been helping mistreated young brides and moms. We have been stunned by what these young women have been going through, right under our nose..... Domestic violence. Be it due to alcohol, drugs, abuse by family members, addiction to pornography.....it is horrendous. Selection of a bride in India, while still married here.

Marathon counseling sessions. Some have lasted up to 9 hours! These young couples pour out their heart and soul to us. They trust us implicitly. Because of our strict adherence to the policy of confidentiality, we have built a stellar reputation in the community.

After a decade of helping community members, we realized that Helping Hands had taken on a life of its own; people were hearing about HH and more people were coming forward to obtain aid. As these incidences grew substantially, we have no choice but to evolve, in order to meet the growing and challenging needs of the community..

Helping Hands had to stay, yet for growth, change.

We had to give it a sustainable infrastructure.

We took two memorable decisions in 2019.

The first one was asking Mala Garg to join the group as its Chairperson. That was the best decision we could have made. She has brought a dose of positive energy to this undertaking.

As time goes on, we will share with you how Helping Hands has evolved. Our aim is still helping families facing challenges in their lives. But, we will pay special heed to the young women who find themselves lost and alone.

The second one was, to become the fourth arm of FICA. We will continue to do things as we have for years, just under the auspices of FICA.

Stay tuned....We will be sharing updates with you from time to time.

Dr Jaya Shah.
Dr Gita Gidwani.
Mona Alag.
Founding members of H.H

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RECIPE CORNER

Pesto Recipe

JYOTI MALIK

Indgredients

- 2 bunches of basil
- 1 bunch of curly parsley
- 5 green chillies
- 5 garlic cloves
- 1 tbs lemon juice
- ¼ cup olive oil
- ¼ cup pinenuts or walnuts
- Oregano to taste
- Salt to taste

Preparation:

Grind all the ingredients in the chopper to make a paste
Cook until the oil comes up

Cool and Enjoy with your favorite chips, bread or pasta!



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