

# THE LOTUS

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



August - October, 2020

Since 1967

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## Association of Indian Physicians of Northern Ohio (AIPNO) Services to COVID 19 Pandemic



Dr. Rupesh Raina, a practicing Adult-Pediatric Nephrologist in Akron, is the 37th elected president of the Association of Indian Physicians of Northern Ohio (AIPNO). Dr. Raina's presidency coincided with the worst pandemic this generation has seen: COVID-19. As a physician and a leader, he endeavored to create a positive global change during these difficult times in collaboration with the president elect Dr Dharmesh Mehta, Board of trustee Dr Beejaadi Mukunda, Executive Committee and AIPNO members.

In conjunction with SEWA International, Dr. Raina and his team led several initiatives to provide assistance for those affected by COVID-19. AIPNO dedicated their annual medical yatra to help local, national, and international communities, who are in dire need of personal protective equipment. Dr. Raina and his team along with several AIPNO members hosted the annual AIPNO fundraiser to raise funds for healthcare facilities, private practitioners, and the local foodbank. Team members used their time and talent to sew masks and donate them to local hospitals. Thus far, over 400 masks have been donated and 500 more are in production. AIPNO with SEWA also created a phone call triage process for Northeast Ohio to help direct questions to appropriate AIPNO physicians.

Furthermore, AIPNO and SEWA launched a 24/7 COVID-19 Convalescent Blood Plasma Registry for Northeastern Ohio. This national registry allows for plasma collection from donors who had complete COVID symptom-resolution in order to save the lives of patients currently suffering from COVID-19. This massive task involved the collaboration of hundreds, who offered live-phone and social media support, and was overseen by the Food and Drug Administration (FDA).

Seeing the effects of COVID-19 on local university students in Northeast Ohio, Dr. Raina led an executive initiation in conjunction with SEWA to support the needs of these students. Dr. Raina heard about the residential difficulties of many, especially international students, and strove to extend a helping hand. AIPNO partnered with several student affairs' offices along with student organizations to learn more about local students' needs and work to create a positive resolution for those so immensely affected by the pandemic.

Acknowledging the need for more information and stress-relief for healthcare workers combatting COVID-19, Dr. Raina worked with several medical educators in order to create an informative web series aimed at teaching students, residents, and physicians evidence-based medicine centered around COVID-19. These hour-long webinars gave participants an opportunity to ask questions and

dispel myths about the coronavirus while learning how to combat this global health crisis. These online seminars were accessible and efficient in dispersing emerging information about the virus. The speakers included a wide-mixture of specialists discussing the following topics: an update on COVID 19; involvement of ACE and ARB medications in relation to COVID 19; the evolution of telemedicine during this time; the effects of the virus on the pediatric population; the impact on kidney health in relation to the virus; a hepatologist's perspective of the virus; the management of diabetes in COVID-19.

The Wellness of Health Care Professionals During COVID-19 webinar was also conducted by spiritual teacher Shree Vivek Gupta. This provided physicians and participants an opportunity to learn skills on decompression and meditation during this difficult time. As part of the wellness initiative, AIPNO along with SEWA International worked with world-renowned singer, lyricist, and music composer Padma Shri Kailash Kher in order to create an online concert dedicated to frontline COVID-19 Healthcare Workers. This concert, "Music is the Medicine of the Mind", drew several thousand viewers and was a monumental success in de-stressing healthcare workers around the global.

There are still several initiatives in progress, which will be worked on in the upcoming months. In collaboration with SEWA International, Dr. Raina along with the AIPNO Executive Committee, including Dr. Sundaresh and Dr. Ahluwalia, undertook a noble initiative labeled "Quilts for Kids". AIPNO called for volunteers around the community to sew quilts for local children's hospitals and anticipate on donating several dozen blankets. Furthermore, the committee is working with local homeless shelters in order to serve food to the most vulnerable patient-populations in Northeast Ohio. This initiative will continue for the next 24 months. They have also collaborated with world-renowned speaker and teacher Acharya Vivek to present on the Faces of Leadership via virtual forum on May 21st. The organization continues to provide groceries to the elderly, work with immigration issues for local residents and students, provide human resources for volunteering around local counties, and find transportation for patients wanting to be tested for COVID-19.

Dr. Raina along with the entire AIPNO team has worked tirelessly to help communities combat this global pandemic. They have worked diligently to offer support to hospitals, students, and residents during this difficult time. In collaboration with several other organizations, including SEWA and FICA, the organization has undertaken the enormous task of rallying support for the healthcare community and collaboratively impacting local, national, and international counties in a positive manner.

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**Message from the Chairman**



Dear Friends;

Little did we know, as we celebrated the last New Year's Eve, as FICA's Executive Committee flawlessly and joyously executed the Republic Day event, that a global pandemic was about to be let loose on the world and that it would upend every facet of daily life. Our lives, livelihoods, our ways of relating to each other, all will have to be modified.

No man is an island, said the poet John Donne, some 400 years ago, and how true it is! The hardest of these changes has been the loss of frequent gatherings with friends, for Graduation, for Weddings, for... just because! Not being able to travel, not being able to see our families in India has been especially challenging.

Indian culture and history are of indeterminable antiquity and as such, India is the civilizational elder sister to the human race. So, when a seemingly new issue arises, India can probably say, "been there, done that. Take this Pandemic. If the whole world had followed just two of India's practices, the Pandemic would never have arisen: Greet each other with "Namaste" an inherently socially distanced greeting, and second, Vegetarianism. Sadly, even in India this age-old wisdom is infrequently practiced.

But the one thing history has shown, it is that the Human Will is indomitable. We change, adapt, find alternatives. We have had outdoor gatherings, small ones. We wear masks, follow the science. And we still stick together, meetings or no meetings. I am confident, we will persevere in this path till a permanent solution is found. We will WIN against the Pandemic.

Best regards;  
Sudarshan R. Sathe

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**For Everyone's Safety, Masks Are Required**

*This is a flu season unlike any other we have experienced. This year it is important to protect yourself, your family, your friends, your coworkers and/ or your employees from BOTH the flu and COVID-19. Masking is required in public and must be worn correctly. Please see the infographic below as a reminder.*



**Wishing Others Well**

*Whether or not you practice meditation or mindfulness regularly, try spending a few moments today wishing peace, wellness, and happiness for someone else—a friend, a colleague, or even a passing stranger. Notice how thinking positive thoughts for others can increase your own positivity as well.*

**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 | Rupesh Raina
- American Society of Engineers of Indian

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www.asei-usa.org | 440-734-1830

Bengali Cultural Society  
www.bcscl.org | Soumitra Ghosh

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www.clevelandgujaratisamaj.org | Nilesh Patel

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www.clevelandgurudwara.org

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www.gurunanakfoundationrichfield.com

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www.indiaohiochamber.com | Radhika Reddy

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www.kaoh.org | JayaKumar

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www.neomm.org | Shekhar Ganore

Marwari Association | Sushila Mohanka

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

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### Public Notice Regarding Change in Service Provider

The Embassy of India in Washington D.C., and the Consulate General of India are changing the service provider for providing outsourcing services for visa, OCI, renunciation, passport and Global Entry Program (GEP), starting next month. According to a press release from the Consulate General of India in the New York, the existing service center of Cox & Kings Global Services (CKGS) will shut down its operations on Oct. 14. The new service provider, VFS Global, would commence its operations from Nov. 2.

In this context, applicants can only submit applications on the CKGS website before the above deadline. Applicants must ensure that the documents are shipped to CKGS with a suitable pre-paid return envelope in a manner to ensure it reaches CKGS by Oct. 16. Any applications received after Oct. 16 at CKGS will be returned to the applicants without processing. CKGS is located at 235 West, 23rd Street, New York 10011 (Website: [www.in.ckgs.us](http://www.in.ckgs.us)).

With effect from Oct. 14, and till VFS Global commences its operations on Nov. 2, the Consulate General of India, New York will provide services in emergency cases directly. Applicants falling under CGI, New York jurisdiction are advised to follow the instructions given below to avail emergency services.

(i) Visa: Emergency visa will be issued to the eligible categories allowed to travel to India as per the advisories issued by the Government of India. Applicants for emergency visa may write an email to [visa.newyork@mea.gov.in](mailto:visa.newyork@mea.gov.in) or through

PRAMIT dashboard available on our website [www.indiainnewyork.gov.in](http://www.indiainnewyork.gov.in) explaining the exigency. The Consulate thereafter will inform you of the next steps.

(ii) Passport: For emergency passport services, applicants are requested to send an email to [passport.newyork@mea.gov.in](mailto:passport.newyork@mea.gov.in) or through PRAMIT dashboard available on our website [www.indiainnewyork.gov.in](http://www.indiainnewyork.gov.in). Once the request has been approved by the Consulate, the applicant will be informed of the procedure for initiating the application process. The approved applicants may send the completed form by postal mail to Consulate along with a return pre-paid envelope for further processing.

(iii) OCI: All OCI services will remain suspended till the new service provider takes over on November 02, 2020.

(iv) Attestation Services: Miscellaneous Consular services such as Power of Attorney, Birth Certificate, PCC etc. shall be continued to be accepted by postal mail. These can be applied through the following link [https://www.indiainnewyork.gov.in/Miscellaneous\\_general\\_info\\_new](https://www.indiainnewyork.gov.in/Miscellaneous_general_info_new)

4. The contact details of VFS Global, service fee details, operational hours, website etc. will be published on Consulate's website shortly.

5. In case of any further query, it may please be addressed through PRAMIT dashboard available on [www.indiainnewyork.gov.in](http://www.indiainnewyork.gov.in)

## Association of Indian Physicians of Northern Ohio (AIPNO) Services to COVID 19 Pandemic

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About AIPNO

AIPNO is a nonprofit charitable organization founded in 1983 by visionary Indian physicians with the purpose of giving back to the society. This organization has grown due to the hard work of its leaders and dedicated members. AIPNO has more than 400 multi-specialty members geared toward enhancing the quality of health care by fostering excellence and professionalism in the practice of medicine and supporting efforts to improve the availability of health care in under-served population in local and international communities. both very appreciative of this donation and stated that this assistance from the Jain Society will provide substantial relief to the local community.

## Kids and Social Interactions

By DEVIKA WALIA

Times have changed drastically for kids and social interactions. As it is, due to social media, children didn't spend enough time outside in the fresh air. Now, due to COVID-19 and social distancing, outside playtime has become even more limited! Before, kids used to go to the parks and play with their friends, now most only seem to care about the next iPhone or tablet coming out. The reality is that kids have become so used to being on devices and having everything available to them at their fingertips, that outside playtime has become limited. In addition, now, with school being online, and sports being limited, it has become more of a challenge for kids to be social outside of their devices, thus lowering their opportunities for social interactions. Parents should make extra efforts to make sure their kids spend time outdoors....hiking, walking, playing

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## Present Day India

BY OM JHULKA



Indian civilization, as we know it, is an ancient and powerful civilization. However, the modern-day India is really only 34 years old. Its present development must be understood in the context of trying to impose a new national framework on old cultural patterns. India is a power house of education. The consciousness of the great past and the newness of the present have merged to produce a great impact.

India, a land of various minorities, races, faces, customs and costumes, is amazingly governed with uniform laws. Unlike other Asian countries, India has more English-speaking young men and women. This asset is a tremendous boost for India's future, which even China cannot match.

In another five years India has potential to become the advanced center of world economy. Democracy and freedom of religion are the other great assets of India today. This country is unique in being the 2nd largest English-Speaking population in the world. The youth of India is getting trained in real Democracy, as young educated Indians dominate the globe in Space technology.

In the past, dollars were being invested in China but time is soon coming when dollars will be invested in India. Education giants and IT Powerhouses with 5000 Indians, are working on Research and

Development projects in the USA. It is another feather in the cap of India.

The project 'Make in India' has facilitated investment, and boosted research & development (R&D), a very good sign for the future of India. "Swachh Bharat Abhiyan" (Clean India Campaign) which was launched a while back, has been good for Indian villages. Most of Indian villages are cleaner now and have been provided with bathrooms, which is of great value. The internal infrastructure has improved such as roads, directional signs, etc. Being a multi-lingual country, it is imperative that road signs be both in English and the local languages.

On the Foreign policy side of India, it seems that Chinese leaders were erroneously trusted, which has proved harmful to India, as seen when 20 Indian soldiers were killed at the Northern border of India. It is a clear indication of how those who were trusted proved to be enemies in disguise.

Saudi Arabia and the U.A.E will also become more productive for the future of India. If Pakistan and India follow the new policy of "Forgive and Forget," they will become friendly partners in progress. It will be in the interest of their progress, advancement and well-being of the masses....similar to the USA and Canada, two Northern American countries living in unity.

Let all Indians not forget the song of Vande Matram (I bow to Mother India)



## Unravelling the Mystery of Death

By Krishan Chandar

Surrounded by the Covid-19 virus pandemic, the specter of death pervades our daily lives. The secret of death due to old age has baffled the sages and the wise over the centuries. Should we fear death due to old age? All of us who are born have to eventually die someday. Among families it is a difficult topic to discuss. After we have lived long, productive lives, instead of fearing death, we should probably celebrate death. Nevertheless, the secret of death continues to bother the intellectuals and it has never been resolved. Omar Khayyam in his poem, the enigma of death laments:

“From the Earth’s center through the Seventh Gate  
I rose, and on the throne of Saturn Sate  
And many Knots unraveled by the Road  
But not the Knot of Human Death and Fate”

In his translation of the Upanishads, Eknath Easwaran, the Katha Upanishad deals with the mystery of death. It starts with the tale of a rich man named Vajasravasa, who ages ago, gave away his possessions to gain religious merit. Nachiketa, his son, though a young boy but intelligent beyond his years, and well versed in religious matters, saw his father’s meaningless hypocrisy. He repeatedly asked his father “To whom will you offer me?” The father got annoyed said “To death I give you!” Nachiketa was bothered by death around him and decided to go to Yama, the King of Death, to comprehend the secret of death.

When Nachiketa arrived at Yama’s residence, the king of death was not there, and he had to wait for three days before Yama arrived. Seeing Nachiketa, Yama felt very distressed that the spiritual guest had had not been given the welcome that he had deserved. Yama humbly addressed Nachiketa:

“O spiritual guest, I grant you three boons  
To atone for the three inhospitable nights  
You have spent in my abode,  
Ask for three boons, one for each night,”

The first two boons asked by Nachiketa were readily granted. For the third boon Nachiketa surmised and said,  
“When a person dies, there arises this doubt:  
“He still exists, “say some, “He does not,”  
Say others. I want you to teach me the truth.

This is my third boon.

Yama replied, “This doubt has haunted even the gods of old, for the secret of death is hard to know. Nachiketa, ask for some other boon and release me from my promise. He offered Nachiketa all the riches of the world, very long lives for his children and grandchildren, a kingdom that he desired, the pleasures and comforts of life, and beautiful women rarely seen on this earth, but begged him not to ask about the secret of death”. Nachiketa stated that all offerings of pleasures, wealth, power, etc. are fleeting and wished his doubt about the secret of death be dispelled by the great teacher. Recognizing the wisdom and sincerity of the youngster, and that passing pleasures did not tempt him, Yama felt that Nachiketa was worthy of his instruction.

Yama commenced by saying that “The goal of life should be Pleasant, Perennial joy, the Abiding joy.” Earthly pleasures are transient. Never can mortals be made happy by wealth. To end the cycle of birth and death, one should aim for “Realizing the Self.” The truth of the Self cannot come through one who has not realized that he is the Self. Hidden in the heart of everyone exists the self. “The Self is eternal and Immutable.” The intellect cannot reveal the Self. The Self cannot be known through study of the scriptures nor through hearing discourses about it. The Self can be attained by those whom the Self chooses. To avoid the cycle of birth and death and attain immortality, one should pursue Selfless, Spiritual service of others, resist from unrighteous ways, control one’s selfish desires, greed, anger, ego and still one’s mind through meditation and remove sorrow.

Meditation enables one to attain the Self and control the senses. Never again do they fall into the jaws of death. The body may die, but the soul lives on. Realizing the Self is akin to being deathless. The Self is supreme. When all desires that surge in the heart are renounced, mortal becomes immortal. Thus, Nachiketa learned from the king of death, the mystery of death and the means to attain immortality, and know the Self.

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Acknowledgement: Some portions of information in this article were taken from the “Katha Upanishad” in Eknath Easwaran’s translation of the Upanishads.

## Speaking Differently Together - A Diversity and Inclusion Initiative

BY SRAVANTHI VALLAMPATI

49 Northeast Ohio youth between the grades of 4 and 12 stood out as Diversity Champions in a recently held Diversity Essay Contest, Speaking Differently Together.

It’s evident that within Northeast Ohio lies a community of children with bright ideas, raw potential for leadership, and a unique perspective of the ever-evolving world, of which they are part. These children are our own, and their realities are filled with as much creativity as they are with complexity. They may not know it yet, but we understand that because of their particular perspectives, they are the ones who have the potential to lead nations, build communities, and foster families that are committed to realizing that the world is unique in its diversity and universal in its commonality – the very combination that makes us stronger together. In the face of challenges in our community today, this notion is more important now than ever, and when we come together to give support to these young voices, they flourish with a certain unstoppable spirit that is unique to a generation that is raring to express itself with innovative thought and inspiring action.

“Speaking Differently Together” was a partnership event between two Cleveland-based organizations that have made it their mission to promote Diversity and Inclusion. These two organizations are: Start Strong USA and India Fest USA. At the Grand Finale of the IndiaFest USA, held on Sep 19, 2020, the virtual audience witnessed: the powerful thoughts that were showcased from all 49 participants, the announcement of the winners, and the gratitude expressed to the judges and sponsors of the contest. The response from the whole community was overwhelmingly positive and encouraging! I would be remiss if I did not mention how impressed our panel of judges were with the sheer potential and uniqueness they discovered as they read and graded the essays.

In addition to getting the young and young-at-heart excited about D&I (Diversity and Inclusion), the contest spurred a unique crowdsourcing

model that funded the \$2,300 that was given away in scholarships. The premise behind reaching out to individual families to solicit contributions to the scholarship fund was supremely fulfilling in more ways than one. It made creating awareness more involved, and commitment to the cause of D&I on part of the organizers and families, more intentional. No donation was too small, and the generosity of the NE Ohio community is soon going to shine perpetually through the sponsorship of a Toastmasters Club (<http://www.toastmasters.org>) dedicated to Diversity, Equity, and Inclusion. We raised in excess of our goal!

As I look back at a successful maiden venture, I speak for all who have supported this endeavor when I say that this isn’t a moment in time, but a movement of our time to propel the most forward-thinking minds to their potential. I am confident that our big hearts, broad minds, and healing hands will come together to make a difference for as long as we believe there is something bigger than ourselves to which we can aspire. After all, we owe a just, safe, and nurturing world to our future generations, don’t we?

A fitting conclusion to a new beginning is a vision for the future. Pooja Vallampati, a Sophomore at Aurora High School, is the inspiration behind the contest. An excerpt from one of her essays that created this movement reads as follows:

“The traumatic memories ingrained in my mind were prompted by words - words that hold within them the capacity to empower or enslave. I was a victim of the latter - a slave to others’ approval of me. Despite my feelings, I did not counter the bully’s actions with matching harshness. What good would that do?”

Pooja would love to build a team of volunteers to help with the contest next year. Write to [StartStrongUSA@gmail.com](mailto:StartStrongUSA@gmail.com) and visit <https://www.facebook.com/StartStrongUSA> to learn more.

## *The Virtuous Midlife Crisis*

By SUJATA LAKHE

“The Virtuous Midlife Crisis,” says a Wall Street Journal article “how today’s 40- and 50-somethings are skipping the stereotypical sports car and Vegas weekend and pushing headlong into fitness and mindfulness”. I did that 7 years ago. After finding that a sports car wasn’t doing the trick, I decided to take up learning Kathak. It is also true that after decades of living in Cleveland, I was looking to get in touch with my roots. I didn’t want to just consume Indian culture but I wanted to experience it in my body.

That is how I walked into a Kathak Class being taught by Antara Datta; an accomplished Kathak dancer and founder of AngaKala Kathak Academy. In the repurposed classroom at a church in Solon the previous class of advanced student was still going on. Mostly young women in white salwar-kameez with a disciplined dupatta tied sideways and neatly tied-back hair were stamping their feet to the pneumatic rhythm, Ta Thai Thai Tat, recited by their guru, Antara. Their arms moving in curvaceous but clean lines. Some times gently and sometimes suddenly drawing shapes in the air with flexible movement of wrist and finger-tips. They hold their head high, torso erect and shift their eyes creating space and drawing patterns. Their feet tapping to the metrical cycle of 16 beats maintained by Dha Dhin Dhin Dha, Dha Dhin Dhin Dha, Ta Tin Tin Ta, Tete Tin Tin Na of Tabla stopping at the Saam, the first beat of on the cycle. Ghunghroos tinkling in unison with the melodic cycle of the harmonium. After their class concluded, the students touched their teachers feet for blessing and emptied out the room, now it was our, beginner class’s, turn.

To learn to do Kathak is to understand that the body is an orchestra and it’s movement the music. This orchestra didn’t look very smooth at first. In the beginning I looked like I was in a gymnasium doing stiff Physical training exercises. Throwing my arms in the air not at all in cue with the stamping of my feet, getting yelled at for mixing my childhood training of Bharatnatyam in tilting my head instead of holding it proud. However, failure is the place where one can start rising. Embarrassment only makes one comfortable in pushing the boundaries of discomfort to facilitate growth, even in middle age! Especially these days, that we have to shelter in place, I am so grateful to have Kathak to practice at home. Turn on iTabla app set to Teentaal and go!

Over these years I have learned the rhythm, I learned to make right sounds with my feet, my arms were getting more graceful by the years, I learned to rotate my wrists with the weight of a feather, I got to meet and spend time personally with Pandit Birju Maharaj, take workshops with him and I even took him shopping to the Walmart in Steelyards common, where traffic backed up when some Indian group tried to touch his feet in the middle of a cross walk. I formed a community with others interested in Kathak around the world and a special connection with my niece. I started to see our rich heritage in movement frozen in time on the statues carved in stone in my travels in India.

Bodies moving on the flat screen does not have the same effect on people watching as bodies moving on a stage. Bodies moving on stage do not nearly have as much effect as moving yourself. With manipulating space around yourself and coordination with other’s body space, one can almost feel new neuronal connections made in the brain. Intense exhilaration and anxiety felt while standing back stage creates sisterhood out of friendships.

Joining Antara Datta’s school and seriously learning to dance Kathak, was not simply about stage performances and mid-life fear of becoming invisible to the society. In addition to the benefits of community and physical activity it gave me a purpose to explore our heritage through dance. I added on additional side trips when visiting family in India.

Dance festivals are organized in Khajuraho, Konark, Ajanta/Elora, Sirpur (Chhatisgarh), Mumbai, Pune, Bangalore, Belur, and Mysore to name a few during the months of December, January and February. Staying at hotels near by the dance venue has added benefit of being able to meet top dancer troops and sometimes take workshops with them. I started seeing the sculptures with new eyes recognizing a pose in Kathak or a pose in Odissi. Seven years ago when I decided to take the plunge and joined Anga Kala Kathak Academy I had no idea it will lead me down a path which will be much more than just dance and help this “nowhere girl” feel so much in touch with her roots.



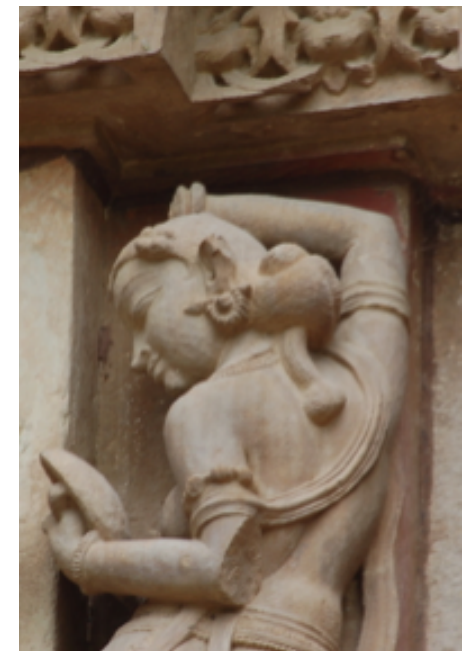
*Dance festivals in Khajurao*



*A nayika holding a manuscript and making Tarjani gesture with right hand.*



*Vishal Krishna, Sitara Devi’s grandson was one of the top performers at Khajuraho festival in 2014 and generous with his time to show us dance related carvings.*



*Nayika “looking in the mirror and adjusting hair ornament” often depicted by kathak dancers.*



*Anga Kala Kathak Academy with Birju Maharaj.*

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## Peace Rally by South Asians for Justice and Equity

BY CHERYL D'MELLO

South Asians for Justice and Equity (SAJE) came together at the India Peace Gardens on Sept. 26, 2020 for a Peace Rally to get out the vote. SAJE was formed by a group of South Asians in the Cleveland community who believe it is imperative for our community to show its unequivocal support for ending the systemic racism that plagues American society. Mordecai Cargill from Cleveland Neighborhood Progress (CNP), Anup Kumar, Professor of Communication at Cleveland State University, Jenifer Carter from the Shaker Heights Anti-Racism Coalition and Ethan Khorana, a young local high school student from the Minorities Together Movement addressed the gathering of about 40 people.

They reflected on the present situation, the challenges faced such as racism, the power of individual action, and the importance of voting.



**Prof. Anup Kumar of Cleveland State University addressed the gathering about Gandhi's philosophy of Ahimsa (Photo credit: Cheryl D'Mello)**

Standing in front of Mahatma Gandhi's statue on MLK Jr. Blvd, Prof. Kumar spoke about the global relevance of Gandhi, his practice of Ahimsa (non-violence), and Satyagraha (insistence on truth). By being read, heard and seen in the public space and exposing discrimination, Gandhi tried to persuade the British to change the system. "A peaceful protest doesn't mean pacifism. It is direct action, holding non-violent protests to show the world the laws are unjust," said Prof. Kumar.

Volunteers at the peace rally assisted attendees with forms to register to vote and to request a mail-in ballot. The group South Asians for Justice and Equity (SAJE) believe that South Asians have benefited greatly from the African American freedom movement, and owe much to their efforts for their very presence in this country and the many privileges they have benefited from. Their mission is to bring about meaningful change to break down the inequities within society regarding racial injustice. For more information, please visit [www.sajecle.org/saje-community-events](http://www.sajecle.org/saje-community-events)



**Ethan Khorana, a local high school student, from the Minorities Together Movement, urged the gathering to vote.**

**(Photo credit: Cheryl D'Mello)**

## Obituary: Subhash M. Amin



He died on August 8, 2020, peacefully in sleep at his residence in Vadodara, India. Subhash was born on December 23, 1940 to Manu and Jaya Amin. He immigrated to the United States to pursue an MS in Civil Engineering, on full scholarship, at Worcester Polytechnic Institute (WPI). Subhash was a talented engineer with a specialty in designing earthquake proof buildings. He was

on the Michael Baker engineering team that designed the Three Rivers Stadium in Pittsburgh, PA, and while employed with MK Ferguson Group in Cleveland, OH he was lauded by the Anheuser-Busch (AB) corporation and many other Fortune 500 clients for integrity of his designs, e.g., the AB brewery in Fairfield, CA was unscathed during the San Francisco earthquake of 1989 thanks in part to Subhash's design

efforts. He was instrumental in facilitating establishment of the NE Ohio Indian Community (including the Federation of India Community Association (FICA), the India Community Center (ICC) and the BAPS Shri Swaminarayan temple in Brunswick, OH). Subhash bettered the lives of thousands of people (directly and indirectly) through providing substantial relocation help & guidance to new Indian immigrants, job-placement assistance and always providing a helping hand any time called upon. He was a gregarious man who enjoyed and loved life to the fullest, and especially being with family & friends over good food & drink. He is survived by his wife Kokila Amin, three children: Himanshu Amin (Leslie), Nilesh Amin (Shivana) and Rita Sehgal (Sanjay), and five grandchildren: Alexander, Meera, Hannah, Dylan and Julia. Due to Covid-19 related restrictions, funeral/cremation services were expedited and conducted in India on August 9, 2020. If Subhash could pass on any last bits of wisdom it would be "Spend as much time with your family & friends as possible, do what you want now versus later, and healthy time on this planet is your most valuable asset

## Obituary: Kokila S. Amin



She died on August 17, 2020 at BAPS hospital in Vadodara, India. Kokila was born on March 28, 1939 to Khandu and Savita Patel. She immigrated to the U.S. with two young sons to be with her husband who was completing graduate studies. Kokila was the quintessential Indian wife and mother; she did everything possible to keep her

husband, children and relatives safe and happy. She was selfless to a fault; those who knew her well realized that conversations with Kokila were always focused on you never her. She adored large family gatherings, weddings in particular, and watching children play and their happy faces. She loved to travel and witness the marvels of our planet and beautiful aspects of human civilization. Kokila was a devote vegetarian, respecting

all of life, and would often point out beauty of birds, flowers, and trees in her surroundings. She took great pride in her children and grandchildren, and was always eager to hear about their development and achievements. She loved music, reading, walking (especially on the beach collecting sea shells) and spending time at temple with dear friends. Her husband, Subhash M. Amin, passed away nine days prior. She is survived by three children: Himanshu Amin (Leslie), Nilesh Amin (Shivana) and Rita Sehgal (Sanjay), and five grandchildren: Alexander, Meera, Hannah, Dylan and Julia. Due to Covid-19 related restrictions, funeral/cremation services were expedited and conducted in India on August 17, 2020. If Kokila could pass on any last bits of wisdom it would be "Enjoy the splendors of our planet and life, and give more of yourself to family and friends for that is where you will find purpose, fulfillment, peace and happiness.



Rotary's Awesome Impact on AIPNO- Medical YATRA



Ramesh Shah & Mona Gupta

For the last 20 years, Association of Indian Physicians of N. Ohio (AIPNO) has been taking medical missions known as Medical YATRA to India with a team of 15-20 NRI physicians to help the indigent rural population in India.

With Rotary Global Grants for Surgeries, Medical YATRA has been able to include badly needed surgeries as part of the medical missions in Gandevi, Gujarat, 2019, partnering with five hospitals. In 2020, Ludhiana, Punjab, Yatra partnered with two hospitals.

Surgeries included in the Global Grant programs were:

Hernia, Appendicitis, Gall Bladder, Hysterectomy, Cardiac, Mitral Valve replacements, coronary By-Pass, Angioplasty, Knee & Hip replacements, Urolithiasis, Piles, Cancer (Breast cancer)

Success stories:

- 1. 25 years old Ajay from Jalandhar: a barber and father, needed heart surgery. His reports were sent to Dr. Mukherjee at Global Heart Hospital. After studying his reports, doctor concluded that patient requires a heart transplant, which was done in South India (est. costs 25-30 lakhs. approx. 40 Thousand USD)
2. 5 yrs. old Karamjit, referred by Dr.Ankita Modi, was scheduled for heart surgery. Karamjits father is an unemployed drug addict; mother works as a domestic help, and two sons 12 and 5. Father has sold off all his agricultural land for drugs and is an absentee parent.

Under Rotary "Gift of Life" project, parents did not have to pay anything for their child's surgery. The total cost of surgery is 5 lacs (\$6780.00).

- 3. 37 year old Charanjit, a daily wage earner, and a mother of 15 yrs. old child, underwent Mitral Valve replacement surgery. She was referred by Dr. Shashin Vora. Rotary Global Grants took care of the cost of the surgery.

In Gandevi, Guj. Rotary Global Grants provided \$104,000 (Rs.70 lacs) and in Ludhiana, P. Rotary provided \$102,000 (Rs.75 lacs). Rotary with their funding is committed to provide sustainable health solutions.



Rotary MEDICAL MISSION 2020 UNDER ROTARY GLOBAL GRANT- GG2092349 FREE ROTARY MEDICAL CHECK-UP AND OPERATION CAMP. Associates: ROTARY CLUB LUDHIANA GREATER, ROTARY CLUB BAKERSFIELD, AIPNO MEDICAL YATRA 2020. Dates: Feb 26th to March 2nd, 2020

OTHER MAJOR Services PROVIDED WITH ROTARY GLOBAL GRANTS

- Water treatment Plants to prevent water borne diseases in school children
Sanitary Pads machines to improve personal hygiene, prevent infections & reduce missing school days

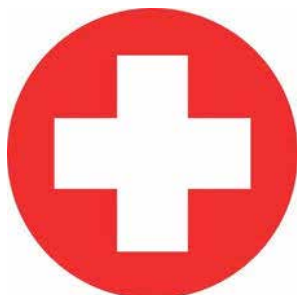
- Eye Laser Equipment to prevent blindness
Mobile Vans to 'Take Hospital' to rural patients @ their door for Eye diseases & early Cancer detection & prevention
Providing PPE supplies to prevent Corona virus infections
Prosthetic to amputees for improved mobility, making them more productive and enjoy fullness of life



SERVICES Rotary Provides in YATRA missions

- Planning clinical sites for 2 weeks of YATRA mission
Arranging Hotel Accomodation
Transportation
Sight seeing
Entertainment
Meeting various Rotarians
Providing Volunteers manpower

AIPNO-Medical YATRA believes very strongly that this relationship has done incredible good to indigent population of India and has a great potential to contribute more to the sustainable health landscape of rural India.



Rise against Hunger

"If you cannot feed a hundred people, then feed just one." Mother Teresa

Ramesh Shah

January 18-SAT. It was forecasted freezing rain, lots of snow and crummy weather. Friday, Dr. Shah and Elizabeth Bradford from Pittsburg (Driver Employee of Rise against Hunger) were discussing on the phone to postpone the event.



decision. At 5:30am, Liz said 'I am starting from Pittsburg and will be in Mayfield village by 9am. Two snow plowing trucks came at 8:30 am cleaning up parking lot, walkway and driveway.

This was an unique event at Mayfield Village Civic center where 30 volunteers chipped in from 10am-2pm to stop Hunger Unloading 3 pallets from Rental truck driven from Pittsburg, Pa.

- 1) Pallet carrying 50 lbs. Rice bags 2) Pallet carrying 10lbs. Soya bean 3) Pallet carrying dry vegetables and lots of small/medium/large Bins, , mugs, weighing scales, heat guns etc.

10 am there were 10 volunteers including Ariya-9yrs & Vishaan-11 yrs.-grandchildren of Dr. Shah; By 11 am there were 20 and @ closing 30 volunteers. Very enthusiastic, smiling, giggling and having a great sense of joy, love & caring for hungry people from Honduras. They filled bags, weighed, sealed and put them in box.

By 2 pm- they packed 7,500 bags of meals for Honduras. WOW! Event was so touching & inspiring that two more Rise against Hunger events have been planned in Parma, Oh in April-May and another one in Kalamazoo, Mich.



7,500 Meals for Honduras





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