

THE LOTUS

A Monthly Publication of the Federation of India Community Associations



August 2017

1967 - 2017 | 50 Years

FICA Golf Outing

FICA (Federation of India Community Associations) held their annual golf outing at Fowlers Mill Golf Course in Chesterland, OH on July 29, 2017.

Golf outings are one of the most sought out events during summer months, and it was the goal of FICA to put forward an event, that participants and volunteers would talk about for months to come, and get them excited about next year. Keeping many of these things in mind, FICA and its volunteers put their heart and soul in planning, preparing, and ultimately hosting the golf outing, which we are happy to announce was a tremendous success!!!!

The event was attended by 108 golfers, in addition to 15 dedicated volunteers. By God's grace, weather turned out to be in high 70s with clear skies, which is every golfers' dream.

As a token of appreciation, each golfer was provided with a golf shoe bag and a sleeve of golf balls. Additional trinkets provided by TriState Capital Bank, John Hancock, TransAmerica, Alson Jewelers, Blackrock, and Hines Securities, were also kept at the registration desk for golfers to take as they pleased. We would also like to recognize the generosity of Bernie Moreno, Classic Lexus, Saks Fifth Avenue, and other individuals for donating the gift baskets and other items including CAVS and Indians tickets, which were a part of the silent auction.



both vegetarian and non-vegetarian option.

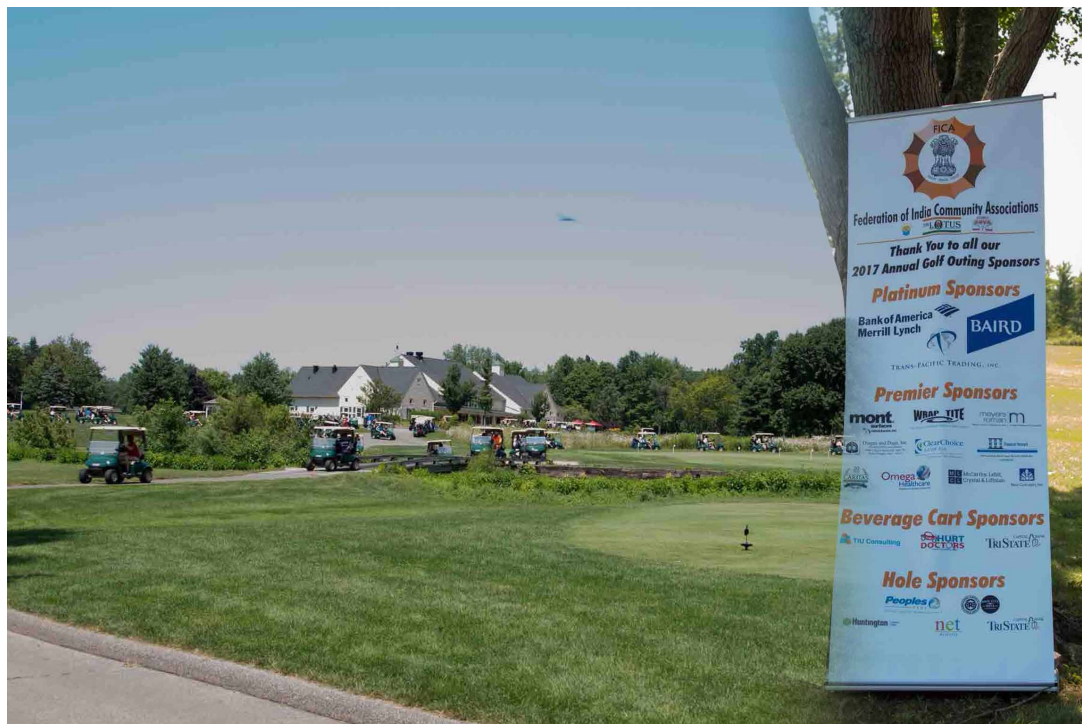
FICA provided unlimited drinks to all golfers during their time on the golf course. Two beverage carts were being driven throughout the day by volunteers, to ensure none of the golfers were dehydrated at any point, and for golfers, who may have been struggling with their game that day, FICA also made sure to have a selection of assorted beers ready in the beverage carts to help calm their nerves.

Unlike other golf outings, where Hole-in-One prize is on only one of the Par 3 holes, FICA had "Hole-in-Prizes" for all Par 3 holes on the scorecard. Hole # 7 had a hole-in-one prize of "\$25,000", Hole # 13 hole-in-one prize was a "Rolex watch", and the other two Par 3's had hole-in-one prizes of "Tag Huer watch" and "Airfare for two" respectively.

Prior to teeing off, golfers were provided with boxed lunch with

In addition, two of the Par 5 holes were selected for "Long Drive" contest, and two of the Par 3 holes were selected for "Closest to the Pin" contest.

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Lotus Team

Editor

Parul Jain

Bal Karamchandani
Cheryl D'mello
Jyoti Malik
Raghav Sharma
Swati Desai

For Suggestions/
comments, please
email :

lotus.ficacleveland@gmail.com

Non-Profit
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PAID
CLEVELAND,
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FEDERATION OF INDIA COMMUNITY ASSOCIATION

INDIA COMMUNITY CENTER
12412 CEDAR ROAD
CLEVELAND HEIGHTS, OH 44106

Or Current Resident



FICA STAFF

Administration

Board of Trustees

Sudarshan Sathe (Chairman B.O.T.)
chairman.ficacleveland@gmail.com

Mona Alag (Vice Chair Person B.O.T.)
vicechairperson.ficacleveland@gmail.com

Rajan Gautam (Secretary B.O.T.)
botsecretary.ficacleveland@gmail.com

Executive Board

Mrs. Ritu Mahna
president.ficacleveland@gmail.com

Mr. Samir Gautam
vicepresident.ficacleveland@gmail.com

Mr. Gaurav Kapur
secretary.ficacleveland@gmail.com

Mr. Hemant Kanodia
treasurer.ficacleveland@gmail.com

Ms. Sujata Lakhe Barnard
pastpresident.ficacleveland@gmail.com

Dr. Rajesh Sharma
Mr. Yatish Desai
Mr. Ameet Bathiya
Mrs. Smita Samant
Mrs. Shaifali Bathiya
Mr. Utkarsh Hazarnis
Dr. Vandana Singh

Member At Large
Dr. Priyanka Sharma

Lotus Editor & Publisher
Mrs. Parul Jain
lotus.ficacleveland@gmail.com

India Cultural Garden
Raj Pillai - Chair
pillairp@yahoo.com
440/724-4398

Shiksha Daan
Sanjay Garg - Chair
sangarg@aol.com
440/590-1261

Project Seva
Harsha Rane, Chairperson
440/567-0972

Sister Organizations

Association of Indian physicians of North Ohio (AIPNO)
www.aipno.org
Dr. Umesh Yalavarthy, President
216-513-4964
ckhcuy@gmail.com

Bengali Cultural Society of Cleveland
www.bcscl.org
Sujit Ghosh, President
440-542-0363
sujitghosh@hotmail.com

Marathi Mandal
www.neomm.org
Dr. Sharad Wankhade
330-321-7677
sharadw@hotmail.com

Odisha Society
Birendra Jena, President
330 544-1725
birendrajena@hotmail.com

FICA Golf Outing

CONTINUED FROM PAGE 1

Fowlers Mill Golf Course is considered as a challenging course, by even the most experienced golfers, and it was no different on July 29, 2017. Changing winds left golfers with long approach shots, and once on the putting green, golfers faced down the hill breaking putts on most greens.



Though I can tell you that no one was able to capitalize and claim a "Hole-in-One" prize and an honor of a hole-in-one, a golfer came an inch away from becoming a new Rolex Owner. We wish him the best in the next outing.

After the golf outing, participants were invited to the club house to take part in the prize ceremony, and bid on the silent auction, while being treated to drinks, appetizers, and a full buffet style dinner.



Though the course was tough that day, FICA and its volunteers were excited to see many groups turn some impressive low scores. Prizes were awarded to the top 3 lowest score teams, with top prize going to a team with a score of 57. Long drive was awarded to a golfer who drove the ball almost 280 yards, and closest to the pin was awarded to the individual who almost had a hole-in-one with only being 1 inch away.

To thank all the participants, volunteers, and sponsors, a short speech was given by the FICA Board of Trustees Chair before the evening ended.

It was indeed a successful

event, which was well received by all. None of this would have been possible without all the support and help of the sponsors, and our dedicated volunteers.

Please join us in recognizing and thanking our sponsors and volunteers who were instrumental in making this event a success.

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Ganeshotsav 2017

Organized by North East Ohio Marathi Mandal

Date: 27th August, 2017
Time: 1:00 PM to 6:30 PM
Venue: Parma Snow Library Auditorium
2121 Snow Rd, Parma, OH 44134

Ticket Cost
NEOMM Members - \$12
NEOMM Non-Members - \$15
Students - \$10
Kids (5-12) - \$6

Program Details

1:00 PM - 1:30 PM: Registration
1:15 PM - 2:00 PM: Light Refreshments
2:00 PM - 3:30 PM: Marathi Natak फॉरेनचा जावई आणि इंटरनॅशनल लोचा !!!
3:30 PM - 4:30 PM: Ganesh Puja and Maha Aarti
4:30 PM - 5:00: Dance and Shri Atharwashirsha/Stotra Recitation
5:00 PM Onwards: Dinner

To book your tickets contact: Tanmayee Dixit 216-926-4264 or Utkarsha Hazarnis 216-502-8784



*"The weak can never forgive.
Forgiveness is an attribute of the strong."*

Vice President's Message



SAMIR D. GAUTAM

I have been part of NE Ohio community since the early 1980's when the Indian community was a fraction of what it is today. After completing undergraduate and graduate studies in Cleveland universities, I started my banking career in 1988. I have been fortunate to have my parents and older brother within a short drive.

My wife Minnie and I have raised two very independent daughters and have been fortunate to have not only the immediate family around but also many friends who have all helped in instilling core Indian

be proud of our heritage and to get involved in one of the many initiatives of FICA. We have a long way to go to build a support network for not only our children but also our aging parents. We are making a significant impact in the local economy and we continue to embrace the philanthropic heritage we grew up with. We cannot do this with just the officers and volunteers of FICA – we need all of you to help us bring our community to lime light.

values in them.

It is an honor to be part of FICA and am excited to see the energy of the Executive Board and the passion they have in helping "Our Community" make a real mark in our adopted home.

My personal appeal to all is to

We look forward to your feedback and engagement.



Letter to the Editor

The Lotus welcomes letters to the editor and attempts to publish as many as space permits. Letters should be original. Name must be included, along with a daytime telephone number for confirmation. Letter should be 500 words or less and may be edited for length or legal concerns. Letters thanking lists of people or businesses are not accepted. They should be typewritten and double spaced if sent by mail or by fax at: (440) 247-1606. Email to: lotus.ficacleveland@gmail.com - subject "Letter to the editor"

**"Take Risks in your life" If you win, you can lead!
If you lose, you can guide!**
- Swami Vivekananda

FICA MEMBERSHIP

**New Board of FICA needs you all to get involve.
Together we can make a difference.
Please send your membership dues.
Any question or concern.**

**Please contact us
president.ficacleveland@gmail.com**

Community Partner



As you may already know that FICA of NEO, ([@FICAcleveland](http://www.ficacleveland.org)) has been recognized by the United Way as a Designated Charitable Organization and is eligible non-partner agency with United Way of Cleveland. I would greatly appreciate if you can reach out to your place of work and friends and request them to consider designating Federation of India communities association of North East Ohio (FICA of NEO, @FICAcleveland) to receive part of their annual donation. United Way will then channel their donations to FICA after deducting some service fee. This will create a revenue stream for FICA to support our mission of promoting the rich cultural heritage of India in greater Cleveland; to facilitate ongoing dialog with civic leaders regarding issues of importance to Asian Indian families in the region; to facilitate the mainstreaming of Asian Indian families by creating a platform for the community's active participation in the civic life; to collaborate with local organizations to promote goodwill and understanding between diverse communities; to partner with business groups that promote ties between Indian and US firms and foster economic development.



to partner with business groups that promote ties between Indian and US firms and foster economic development.

Federation of India Community Associations (FICA) ONE NATION – ONE COMMUNITY – ONE VOICE

For over half a century FICA has kept the vibrancy of India alive in NE Ohio. Time has come for the next generation to continue with the tradition and make our community a greater part of the mainstream – to have a voice for our community on important political, social, economic and cultural issues.

COME JOIN US AS WE BEGIN THIS NEW CHAPTER
YOUR SUPPORT WILL HELP US WITH INVALUABLE PROGRAMS AND ALSO HELP US
INTRODUCE NEW PROGRAMS TO REPRESENT OUR COMMUNITY.

April 2017 a new slate of Board of Trustees and Executive Board were appointed. The LOTUS will be soliciting your comments and thoughts on what FICA means to you and what programs we can implement to support and welcome those migrating to NE Ohio.

PLEASE HELP US UPDATE OUR DATABASE BY PROVIDING
US THE INFORMATION REQUESTED BELOW:

Name: _____ Email: _____

Spouse's Name: _____ Email: _____

Home Address: _____

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BECOME A MEMBER

Life Member (\$500): _____ Annual Membership (\$50): _____
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Complimentary monthly LOTUS newsletter. Access to ALL FICA sponsored programs.
All programs will be announced in the LOTUS and Board of Trustee updates will be published.

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Swapna Mandava:

“Kindness is not a choice, it is a privilege”

BY CHERYL A. D'MELLO

Swapna Mandava, a Realtor in Aurora, Ohio and a cancer survivor, wears different hats: wife, mom, realtor, entrepreneur and volunteer. For two years she has served as the President of the Sathya Sai Baba Center in Cleveland.

Mandava is originally from Hyderabad, India. Her husband, Venkat, works for Nestlé. After several relocations in the 1990s, they settled in Aurora, Ohio in 2000. They have two children: Viveka, who was born in Switzerland, works in CSR (Corporate Social Responsibility) and Siddharth, who was born in Sweden, works for a consulting company on government policies.

“Having been a stay at home mom for 12 years, I chose being a realtor as a profession in 2003 for two reasons - flexibility and the desire to use my expat experience to help families buy and sell houses,” said Mandava.

Besides, she runs a home based business “Saree For Me,” selling handloom sarees from India, and helping support handloom weavers. She holds shows in different cities and sells via Facebook.

“During my travels in India, I realized the beauty of hand weaves and the need to support the weavers who are losing the art of hand loomed to power looms,” she said. “There is a threat of losing certain weaving techniques forever in a generation or two. Out of love for sarees and my passion to help, I started selling handwoven and handcrafted pure silk and cotton sarees.”

Mandava travels to cities such as Benares, Bengal, Kanchivaram, Kota and Gadwal to deal directly with tech savvy weavers, eliminating the middlemen. To reach the non-tech weavers, she has tied up with vendors who share her ideology and passion to help the weavers.

She is also actively involved with the Sathya Sai Baba Center of Cleveland, a part of the International Sai Organization which has over 1,200 centers in 126 countries. Sathya Sai Baba, who was born in South India, is one of the revered spiritual teachers in the world with millions of followers.

“In 2003 our family came into the path of Sathya Sai Baba. We were drawn to the values and character based spiritual education for our children,

devotional and service activities for ourselves,” said Mandava.

At the Centers, people who aspire to lead spiritual lives, assemble and learn from one another by engaging in devotional, educational, and service programs. These are based on the universal values given by Sathya Sai Baba: love, truth, peace, nonviolence and right conduct. About 50 students between the ages of 4 and 18 attend the Sai Spiritual Education (SSE) classes.

“The most important program is the rendering of selfless, loving service to our fellow human being,” said Mandava, who served as President of the East Side Center for two years. “We are involved weekly with making 50 healthy lunch bags for the children at Thea Bauman Center, we help at soup kitchens, hold a winter coat collection, assemble kits for the women’s shelter, etc. Devotional activities include bhajans, a study circle, and learning the chantings.”

“However,” she added, “more than what I have done, what I received is invaluable to me. I have learnt the joy of teamwork, putting others ahead of myself and most importantly, I learnt in the



words of Sathya Sai Baba that: Duty without love is deplorable. Duty with love is desirable. Love without duty is Divine.

In some capacity, Mandava has always been involved indirectly with FICA, Ekal Vidyalay, Seva, Shiksha Daan, etc. Besides, she is passionate about making garlands with fresh flowers, especially for the deities at both the local temples and for special occasions and pujas for friends.

In 2008, along with her husband Venkat, she started “Share and Inspire” a forum held every two years where high achievers share their success stories to inspire youngsters of Indian origin. With the support of few friends they also hosted “Taste of India” and “Taste of Italy” fundraisers in Aurora and used the proceeds to establish scholarships to graduating

seniors who embraced cultural diversity.

“As a cancer survivor, I have been on the receiving end of the kindness, generosity and unconditional love of friends and community. Due to the physical limitations I have, I may not be able to volunteer in a disciplined way, but I have created a goal to serve as and when I see an opportunity on a regular basis and lead a life based on my Guru, Sai Baba’s teaching of “Love All, Serve All. Help Ever, Hurt Never”. I have learnt that kindness is not a choice, it is a privilege that makes life beautiful to both the giver and the receiver,” she concluded.



“Talk to yourself once in a day, Otherwise you may miss meeting an excellent person in this world .
–Swami Vivekananda

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YATRA - 2017 Focused on Women & Children

RAMESH SHAH

Revolutionary Breast Health Check

The importance of periodic breast screening cannot be over-stated nor the rhetoric of deaths caused by breast cancer mainly due to late stage detection. This is what we attempted to change in Yatra-2017 with advanced technology "ibrest" from MyCliniCare & Aarogyaseva. "It takes ONLY 10mts." to find lumps in BREAST. Out of 105, we found 12 women positive and WERE immediately referred to J. Nehru Cancer Center in Bhopal for further biopsy & treatment.

"Hospital" to rural patients has been a huge success in Bengaluru, K. In 1st 6 months of operation, Sharada Eye Hospital did 800 Cataract Surgeries and 500 Glaucoma treatments. "Gift of Sight" has been a huge success story for marginalized & illiterate rural patients NOT having even bus fare to travel to big city.

Water Treatment Plants



With support & financial funding from multiple Rotary Clubs and Rotary Foundation, AIPNO-Medical YATRA is in process of implementing 8 Water Treatment Plants-W.H.O.-W.A.S.H. initiative, (Water, Sanitation & Hygiene) in 6 Schools and 2 villages around Gandevi / Navsari Guj. This project will benefit 30,000 students & two communities to prevent water borne diseases- Cholera, Dysentery, Malaria, Diarrhea, Filariasis, Stomach Ulcers etc....

Medical YATRA work recognized



-MRDT foundation-Garuda Rao-is instrumental in arranging \$5,000. donation to YATRA
 -AIPNO also contributed \$5,000. to YATRA
 We are grateful to all our supporters!!

Cognitive Birth Defects



Pediatricians- Dr. Jaya Shah, Dr. M. Vuppala, Dr. S. Nanavati & Dr. Ankita Modi were very busy examining children with Congenital birth defects. They really felt that lot of these defects, would have been taken care of if they were born in USA. and they would NOT HAVE PROGRESSED to make these children disabled to this severe degree.

Prosthetic Hands Project

Disability of Hands is a very important issue in rural India with 2.6 million people living with this disability. 3D printer technology has provided great help in reducing cost of prosthetic HANDS and has made it affordable, giving 'life changing' experience for marginalized rural population. Medical Yatra collaborated with Aarogyaseva in taking measurements of 54 children around Bhopal and now making it in Bengaluru.

Cataract Surgeries



Mobile Ophthalmic Van, taking

Medical YATRA-2018

Dr. Murthy Vuppala-Chair- is working hard since Feb. to plan YATRA in 2018 in Vishakapatnam, AP over looking ocean and in mountains. 12 clinics are planned from Jan. 19-29. For information: (muju@yahoo.com; 440-617-6660)



Apple Cider Vinegar - Mother of all Vinegars

SWATI DESAI

Raw, organic, unfiltered and unpasteurized Apple Cider Vinegar, ACV - the mother of all vinegars has been around for centuries and has tremendous health benefits. It contains wealth of raw enzymes and beneficial bacteria and drinking ACV daily is a great way to improve many aspects of your health and your life.

Following are some reasons why you should start drinking a modest amount of ACV every day.

1. It Will Help Your Body Maintain a Healthy Alkaline pH Level

Most of us tend to be more acidic than alkaline. One of the first steps toward better health is a body that's more alkaline. As the acid-alkaline balance is essential, with so many bodily functions occurring only at a certain level of acidity or alkalinity, the body is constantly striving to achieve a state of equilibrium. Just a small change in pH can have a profound effect on body functioning. Many enzymes and chemical reactions in the body work best at a particular pH, and research has shown that high acid levels lead to a lack of energy, and higher incidences of infection.

While you might think that raw organic ACV is acidic, when consumed, it actually becomes alkaline. Acid forming foods include things like processed foods, alcohol, sugar and other simple carbohydrates. Keeping your body more alkaline will naturally help keep your energy levels up and better able to fight off illness and disease.

2. Drinking Apple Cider Vinegar Helps to Regulate Blood Sugar

A study conducted out of Arizona State University by professor and director of the Nutrition Department Dr. Carol Johnston supports the therapeutic effects of drinking apple cider vinegar, particularly those who are at risk for type 2 diabetes. The authors of the study, which was presented at the 2013 Experimental Biology Conference in Boston, noted that ingesting ACV at mealtime increased satiety and reduced postprandial glycaemia, both metabolic effects that may benefit those who struggle with prediabetes as well as diabetes.

The researchers found that taking two tablespoons of ACV in water just before bed lowered blood sugar levels an average of 4 to 6 percent by morning.

3. Drinking Apple Cider Vinegar Can Help Lower Blood Pressure

There is also scientific evidence that ACV may help lower blood pressure, which in turn, lessens the risk of heart disease. ACV contains potassium, which is known to help balance the body's sodium levels and maintain optimal blood pressure. It also contains magnesium, which helps to relax blood vessels walls, and ultimately lower blood pressure

4. Drinking Apple Cider Vinegar

Improves Heart Health

In addition to lowering blood pressure, which lessens the risk of heart disease, drinking ACV can help increase HDL, or "good" cholesterol, according to a 2006 study reported in Medscape General Medicine. Other research, published in the Journal of Agricultural and Food Chemistry in 2011, also confirmed these findings, and researchers also discovered that ACV could help control triglycerides. ACV is also believed to contain the antioxidant chlorogenic acid, which has been scientifically shown to protect LDL cholesterol particles from becoming oxidized, a key step in the process of heart disease.

5. It Promotes Healthy Detoxification of the Liver and Other Organs

In the process of helping to balance the body's pH, ACV works to help detoxify the body. Research has found that it specifically helps detox the liver, and that it can help stimulate circulation. ACV boasts a variety of healing processes for the skin and blood, helping to remove harmful environmental toxins that build up in the body, especially in the liver. It helps to flush it out and improve the natural blood filtration process while boosting energy levels.

Another way ACV helps to detox the body is by breaking up the mucus and cleansing the lymph nodes, which allows for better lymph circulation. When your lymphatic system is healthy, it can remove toxins from cells and improve the immune system response.

6. Drinking Apple Cider Vinegar Eliminates Candida Overgrowth

As ACV is rich in natural enzymes, consuming it can help eliminate candida in the body. Candida has been blamed for many different health issues, including poor memory, fatigue, headaches, depression, sugar cravings and yeast infections. While it's a naturally occurring yeast, it can quickly grow out of control if the body becomes too acidic from eating too many processed foods or too much sugar, or if good bacteria is killed off from antibiotic use.

Candida thrives on those types of foods, which includes refined carbs like pastries and cookies. Some natural health experts believe that a sugar addiction may even stem from yeast overgrowth, as the yeast needs those foods to survive, which leads one to crave and eat more and more, creating a vicious cycle. ACV is fermented with a beneficial yeast that serves as a prebiotic for healthy bacteria in the gut, essentially helping good bacteria grow as you eliminate those harmful foods that feed detrimental yeasts like candida.

7. Drinking Apple Cider Vinegar Eases Digestive Ailments

ACV is very effective when it comes to a variety of digestive disorders as it stimulates digestive juices that help the body breakdown food. It can help

indigestion, bloating, gas and even heartburn. In fact, experts say that taking just a teaspoon of ACV with a glass of water will bring relief from heartburn fast. Some theories suggest that heartburn occurs due to low stomach acid levels, and ACV helps bring that level up. Additionally, the healthy acids found in ACV, including acetic, isobutyric, lactic and propionic acid aids better digestion by controlling the growth of unwanted yeast and bacteria in the stomach and throughout the body.

(Do be aware that while it is effective for many digestive troubles, it won't bring relief if you have an ulcer.)

8. Drinking Apple Cider Vinegar Accelerates Weight Loss

Adding two teaspoons of ACV to 16 ounces of water and sipping it throughout the day may help boost weight loss efforts. All types of vinegars have been used over the years to aid weight loss, because they help make you feel full – as the study out of Arizona just mentioned, it's been scientifically shown to increase satiety.

A study published in Bioscience, Biotechnology, and Biochemistry showed that participants who consumed ACV for 12 weeks managed to achieve significant declines in body weight as well as abdominal fat, waist circumference and triglycerides.

9. Drinking Apple Cider Vinegar Can Help to Prevent Osteoporosis

More than one in four women in America over the age of 65 have been diagnosed with osteoporosis. To get this diagnosis means that they've lost 50 to 75 percent of the original bone material from their skeleton. This frightening condition is estimated to affect 200 million women worldwide – about one of every 10 women aged 60, one of every five women aged 70, and two of every five women aged 80. Obviously, preventing this disease before it ravages your bones is key, and as ACV aids in the nutrient absorption of calcium, an essential mineral for preventing osteoporosis, it's one of the best tools you can use to reduce your risk. By drinking it along with each meal, it will help to ensure proper calcium absorption to strengthen your bones.

10. Drinking Apple Cider Vinegar Slows the Aging Process

Other than the wisdom and experience gained by becoming older, few people look forward to the physical signs of aging, like wrinkles and sagging skin. The antioxidant properties in vinegar can help prevent premature aging and even aid in slowing down the aging process. ACV's ability to maintain the stability of the acid/alkaline balance in the body also plays a key role.

11. It Assists In the Fight Against Free Radical Damage

You've probably heard the term "free radicals," but do you really know what it means? The technical definition is that it's a molecule or atom that has

an unpaired electron in its outer orbit. Free radicals are continually created in order to carry on the metabolic activity of the body and are essential to life. They fight infection by killing a variety of germs that we become infected with, but, when there is an overproduction of free radicals, it can cause all sorts of problems.

If there are more free radicals that can be handled by enzymes or antioxidant nutrients, it can cause oxidative damage to cell membranes, tissues, proteins and even DNA, which may result in diseases like ulcers, emphysema, arthritis and immune disorders. In fact, just about every disease you can think of is caused by free radicals.

And, the damage that's caused isn't limited to our inner body; it affects our outer appearance as well, resulting in wrinkles and a more haggard look. While avoiding free radicals completely is virtually impossible, we can minimize our exposure and neutralize their effects by eating more antioxidants that stop free radicals from causing extensive damage. Antioxidants, found in a wide variety of fruits and vegetables, and some other foods, like apple cider vinegar, helps to reduce free radicals in the body.

More Brilliant Ways To Use Apple Cider Vinegar

Not only is apple cider vinegar practically a must for internal use, but also you can use it on your hair and skin, for household cleaning, and in the garden.

Just keep in mind that you should never drink apple cider vinegar straight as it can burn your esophagus. Instead, mix one tablespoon with 8 ounces of water. If you don't like the taste, use a straw to minimize contact with your taste buds. Adding a bit of raw honey can help too.

(Most of the content in this article is from Naturallivingideas.com)

Upcoming Board Of Trustee Meetings

October 29, 2017

January 28, 2018

April 29, 2018

All meetings will be held from 3:00 to 5:00 p.m

At

12412, Cedar Road, Cleveland Heights, OH- 44106

Sewa International Yoga as Medicine Workshop at MetroHealth Cleveland

**DR. HIRA FOTEDAR, PRESIDENT,
SEWA INTERNATIONAL CLEVELAND CHAPTER**

Sewa International Cleveland Chapter in Collaboration with AIPNO (Association of Indian Physicians of Northern Ohio) and Life in Yoga Institute sponsored a workshop on "Yoga as Medicine" on Saturday, August 5 at the MetroHealth in Cleveland.

The workshop was intended to provide continuing medical education to physicians of different specialties who take care of a considerable number of patients between Metro Health, Case Western University Medical Center, Veterans Hospitals and the Cleveland Clinic. The Topics included the use of Yoga including Meditation in regular patient care for a variety of diseases including heart disease, cancer, sleep problems and back pain to name a few.

The Speakers included Dr. Indranil Basu Ray, MD an Interventional Cardiologist & Electrophysiologist and the President of the American Academy for Yoga and Meditation in Medicine, Dr. Marsha Billes, MD from Life in Yoga Institute and Ms. Laura Branco, an expert in Ayurvedic Yoga Therapeutic Massage from Brazil.



The Yoga as Medicine workshop was an outstanding success. 85 people participated. 65 Physicians in attendance earned 3.75 credits (AMA Category 1). The workshop opened with the lighting of the lamps of knowledge by Dr. Preeti Gandhi, Dr. Rupesh Raina, Dr. Hira Fotedar, Dr. Beejadi Mukunda, Dr. Mahari Balaji, and Dr. Reema Gulati. Dr. Holy B. Perzy, Vice President, MetroHealth welcomed the participants. Viji Vijay, Vice President, Sewa International's Cleveland Chapter provided a status report on the organization's programs in 2016 and 2017 YTD. Dr. Balaji and Dr. Mukunda also welcomed the attendees and mentioned that AIPNO is looking forward to learning more about the scientific basis of Yoga and help Doctors include Yoga in their practices.

Life in Yoga Institute research has shown that, Yoga for therapeutic purposes in clinical populations has been more recent in the Western World, although its roots are from India. Awareness of this has created an environment where the National Institutes of Health through the National Center for Complementary and Integrative Health has been funding many studies related to yoga regimens. The primary underlying mechanisms involved in yoga's therapeutic benefit are that yoga provides stress reduction through induction of the psychophysiological relaxation response, enhancement of mindfulness and mind/body awareness, and in general restores physical and mental homeostasis, essentially allowing healing to occur naturally. Continuing research is establishing a higher level of understanding on yoga effects on the central nervous system, the neuroendocrine system, genomic expression and the immune system, and possibly a higher order understanding of the human system.

While yoga is very effective when practiced as preventive medicine for health maintenance, it is also effective as an integrative therapy for managing a broad range of existing diseases/disorders such as back pain, mental illness, cardiovascular disorders, diabetes, and cancers in conjunction with modern western medicine to ensure maximum amelioration of suffering on the part of the patients.

The Keynote speaker was Dr. Indranil Basu Ray who

presented the latest data from various research reports and medical journals that highlighted the unequivocal evidence of the usefulness of Yoga including meditation as medicine. His talk highlighted not only the use of yoga in different clinical disease states but also explained the mechanism as delineated by research. Regular yoga practice impacts anatomy, psychology, physiology and biochemical mechanisms in the body. He discussed the emerging worldview of the physiological understanding of the mechanism of yoga and its use in clinical practice. The modus operandi includes changing of neuronal function producing the stress-relaxation response, neuroplasticity, gene expression, etc.

Dr. Basu Ray traced the origins of Yoga to Sage Patanjali through his Yoga Sutra compiled before 400CE. Research on the scientific basis of yoga began in India with the publication of Yoga Mimamsa in 1924 by Kaivalyadhama with the study of Yoga Physiology. Research on the impact of Yoga practice on diseases was initiated in 1970's. In 1973 The Lancet published a research report on Yoga and biofeedback in the management of hypertension. There have been over 884 clinical trials on the impact of yoga and 969 on the impact of meditation. He further emphasized that Yoga based on Patanjali includes meditation as well as physical postures. However these physical components of yoga called "Hatha Yoga" are only a small part of the overall yoga philosophy.

Research has focused on the beneficial effect of Yoga on Hypertension, Heart Attacks, Strokes, asthma, COPD, angina, Diabetes and chronic fatigue syndrome to name a few. Yoga practitioners have been shown to develop a better SF-36 functioning scale even within a few weeks of practice. Hormones resulting in stress, hypertension, aging, etc. like Cortisol are decreased. Yoga and Meditation has been shown to prolong life in cancer patients. It is shown that regular practice of Yoga protects the brain and body. Meditation increases the production of a major neuroprotective-chemical inside the brain; BDNF (Brain Derived Neurotrophic Factor) that helps neuronal growth and regeneration while cortisol that increases stress is decreased. Meditation experience is associated with an increase in brain density and cortical thickness in the brain. Thus helping to avoid dementia in the elderly, which is a prevalent problem in this country.



Dr. Basu Ray mentioned that Yoga alters body metabolism due to changes in the brain, which helps in the weight management. This improves the quality of life while decreasing aging. Yoga helps in the treatment of patients with diabetes, cancer, back pain and dementia. Dr. Basu Ray presented data published in the journals such as Frontiers in Human Neuroscience, Health and Psychology Review, Journal of Clinical Oncology, etc. Given the tremendous benefits of Yoga including meditation almost all leading Cancer Centers throughout the United States provide this facility to their patients.

Dr. Basu Ray mentioned that Yoga Therapy could help in many areas. For example, eight million people annually go to Emergency for heart pain. These patient have chest pain due to many reasons mainly stress, anxiety and depression but not due to heart attack and millions of dollars are spent to rule out coronary artery disease in them. Many of these patients can

be adequately managed by yoga and meditation that controls emotion related factors like stress and depression causing chest pain, without actual heart disease. He suggested that Yoga should be started in schools to teach students mindfulness along with yoga postures. It will enable kids to be healthy and prevent obesity by changing their lifestyles.

Dr. Marsha Billes, a practicing family physician, also mentioned that to bring Yoga into the medical practice, Physician has to start with the belief that YOGA IS MEDICINE and that there is interconnectivity of mind, body, and spirit. She discussed various aspects of using Yoga Therapy in medical practice such as cost per visit, insurance, measurement (epi) before and after the practice. The ultimate goal of Yoga therapy is healing patients at lower cost. Yoga is a powerful means to ensure patient compliance and disease prevention. Once taught yoga patients are more likely to exercise, take their meds regularly and watch their diet and thus improve their health and wellness.

Dr. Billes pointed out that Yoga is recognized as an important component of the unified system of medicine. She led the audience through various Yoga postures using Chair Yoga. One of the most important parts of which is meditation. Dr. Billes is a certified Yoga therapy practitioner credentialed by "Life in Yoga Institute": www.lifeinyoga.org.

Both speakers pointed out that to use Yoga as medicine, we need to emphasize deep meditation to connect mind and body. Unfortunately, in the USA the focus is only on Yoga postures as a physical exercise, which is helpful, but certainly ineffective in getting the vast benefits acquired by prescribed practice, which includes meditation.

In summary, participants learned that Yoga is Science backed by voluminous published research. It works, and people love it. This year millions of people worldwide (in around 200 countries) did yoga on International Yoga Day to follow India's wellness prescription to the world. Yoga is now a \$27 billion business in the U.S and \$80 billion worldwide that is reinventing spirituality around the world.

Sewa International plans to sponsor these workshops in other cities as well. Our next workshop will be held on September, 16 in Phoenix, AZ in partnership with the Life in Yoga Institute.

**Inner Engineering Program in WESTLAKE, CLEVELAND
By ISHA Foundation
Sep 21st – Sep 24th 2017**

Inner Engineering is a simple, step-by-step process developed from Yogic Sciences empowering individuals to transcend their personal and professional limitations, function better under stress and attain higher levels of productivity and job satisfaction. It works as a powerful antidote to stress and stress-related diseases. Inner Engineering programs have been offered by Isha Foundation in various formats and for people of differing professional, cultural and social backgrounds. Today, over 7 million people worldwide have attended Inner Engineering. As a first step, there are free, online introductory webinars where you can learn more. This session will give more context on what the program has to offer, more so on how the science of yoga presents simple and effective tools for anyone to maintain physical, emotional and mental stability. For more information about the free webinars, see <https://www.innerengineering.com/ieo-new/webinar-signup/> Inner Engineering is coming up in WestLake, Cleveland from September 21st – September 24 2017.

<https://www.innerengineering.com/ieo-new/total/>
More information on benefits of Inner Engineering yoga program are provided in detail in this link <https://www.innerengineering.com/pg/benefits-ie/>
Joyfully,
ISHA Volunteers



Ginger Roots

BAL KARAMCHANDANI

Ginger (*Zingiber officinale*) is a flowering plant whose rhizome, ginger root or simply ginger, is widely used as a spice or a folk medicine.[2]

It is a herbaceous perennial which grows annual stems about a meter tall bearing narrow green leaves and yellow flowers. Ginger is in the family Zingiberaceae, to which also belong turmeric (*Curcuma longa*), cardamom (*Elettaria cardamomum*), and galangal. Ginger originated in the tropical rainforest in Southern Asia. Although ginger no longer grows wild, it is thought to have originated on the Indian subcontinent because the ginger plants grown in India show the largest amount of genetic variation. Ginger was exported to Europe via India in the first century AD

as a result of the lucrative spice trade and was extensively by the Romans.

Ginger produces a hot, fragrant kitchen spice. Young ginger rhizomes are juicy and fleshy with a very mild taste. They are often pickled in vinegar or sherry as a snack or cooked as an ingredient in many dishes. They can be steeped in boiling water to make ginger tisane, to which honey is often added; sliced orange or lemon fruit may be added. Ginger can be made into candy, or ginger wine, and ginger masala tea/chai.

Fresh ginger can be substituted for ground ginger at a ratio of six to one, although the flavors of fresh and dried ginger are somewhat different. Powdered dry ginger root is typically used as a flavoring for

recipes such as gingerbread, cookies, crackers and cakes, ginger ale, and ginger beer.

Candied ginger, or crystallized ginger, is the root cooked in sugar until soft, and is a type of confectionery.

Fresh ginger may be peeled before eating.

For longer-term storage, the ginger can be placed in a plastic bag and refrigerated or frozen with paper towel.

In 2014, with a global production of 2.2 million tons of raw ginger, India accounted for 30% of the world total, followed by China (19%), Nepal (13%), Indonesia (12%), and Thailand (7%).



Recipe for ginger



Ginger green chillie pickle

3 inch ginger cut julienne style
15 green chillies spilt in half
1/4 cup lemon juice or 1/2 cup white vinegar
1/2 teaspoon Salt
1/4 teaspoon Red chillie powder

Soak the ginger and chillies in the lemon juice add the salt and chillie powder in a small jar . Let it sit for couple hours. Enjoy it with any meal.

Ginger lassi

1 cup yogurt
1/2 inch ginger
1 green chili
1/4 teaspoon roasted cumin powder
Black salt to taste
1/4 teaspoon black mustard seeds
2 whole red chillies
Few curry leaves
1 tablespoon oil

Add yogurt ,ginger , green chili , cumin powder ,black salt and 4 cups of water mix it well in the blender. Then roast the mustard seeds red chillies and curry patta in a pan and add it to the yogurt mix. Let it cool. Enjoy in the summer

Offering Indian Favorites



Now offers Homemade Ice Cream

Made by Mita Shah from Mardi Gras in Columbus:

Kesar Pista (Saff ron Pistachio)
Kaju Draksh (Cashew Raisin)
Mango
Guava (Jamfal, Amruth)
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Rose
Lychee
Chickoo
Pistachio
Coconut

Papaya*
Pineapple*
Sitafal* (Custard Apple)
Falsa*
Ginger*

All Ice Creams are eggless and contain no salt. *Notes limited availability
We are happy to cater your wedding, birthday, or any corporate or special events. Please call us at 440-457-2662 and we will set up an appointment with you to taste samples at our shop. We will always have a few of flavors above in our shop and upon request, we can get the other flavors.

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Catching a Bull by the Horns By William G. Barnard, IV
A bull walking through a market in Pushkar, Rajasthan.

RECIPE CORNER

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Tanu Parmar, a young life dedicated to finding a cure to give sight to millions

TANU PARMAR

In Tanu's words "We all make a living by what we get; but in fact we make a real life by what we give". A poet cum scientist, a Panjab university Chandigarh alumnus, Tanu Parmar is one of the lead scientists in a team of world's topmost vision scientists at Case Western Reserve University, Cleveland Ohio, working towards finding a cure for one of most severe blinding disorders, AMD. AMD or age-related macular degeneration is a leading cause of irreversible blindness and visual impairment in the world. The number of people living with macular degeneration is expected to reach 196 million worldwide by 2020 and increase to 288 million by 2040. There is no cure available still. Last year Tanu proposed a new biomarker which would help an early identification of this disease. Tanu was awarded a \$10,000 grant by the Department of Ophthalmology & Visual Sciences and the Centre for Clinical Research and Technology, Cleveland, U.S.A. to pursue this idea. Our target is to have an early detection of the disease which would be very critical to prevent loss of vision, and preserve the quality of life of the patients, Tanu says. This molecule which is showing promising results will be investigated further for its role in designing drugs to control the disease. Tanu has had an illustrious

scientific career which began as she did her Bachelors in Microbiology (Hons) at Panjab University (1994-1998) and then pursued her Masters in Biotechnology at the Indian Institute for Technology, Roorkee (1998-2000). A recipient of several accolades and honors during her student life, an excellent independent biomedical scientist was evolving in Tanu. Thereafter she was awarded the prestigious Indian Council of Medical Research scholarship from the Indian government to pursue her Ph.D and she joined her first project at the National Institute for Research in Reproductive Health, Mumbai, which dealt with the still unsolved intricacies behind human embryo implantation and unexplained infertility. This was inspired by a cause as Tanu was particularly saddened by the agony of women suffering from infertility. Many infertile women in developing countries as India consider that without children their lives are without hope and not worth living, this particularly saddened me a lot, says Tanu. She threw herself in looking for a scientific cure for unexplained infertility. Employing the state of the art 2 Dimensional gel technology she did pioneering work in generating maps of the endometrium (inner layer of the uterus) in fertile and infertile women. Her study identified some novel factors

with tremendous potential to emerge as specific bio-markers for diagnosis and treatment of infertility. These were very novel inputs for unravelling many intricacies of human birth and fertility. Tanu then moved to England to pursue her postdoctoral fellowship at the Department of Biological sciences at Durham University, U.K. where she did pioneer work investigating the quality control of MHC class II molecules involved in our body's immune system. This extended knowledge is very important for unraveling fundamentally important biological pathways which underpin human and animal health. All this time Tanu's achievements in the field were being documented by several publications in world renowned journals. She is held in high esteem by her colleagues and peers as judged by the invitations to present work at national and international scientific congresses and to perform research at overseas Universities. Tanu then moved to Cleveland from the U.K. around 5 years ago with her husband who is also her colleague and scientist collaborator Dr. Vipul Parmar. The string of achievements continued as Tanu was selected as the recipient of the Visual Sciences innovation idea grant 2016 by the University Hospitals Cleveland and was awarded a postdoctoral travel

award from the Federation of American Societies for Experimental Biology (FASEB 2016). Now a full time vision scientist she is dedicated to the cause of finding a cure for this devastating blinding disorder. Tanu's research stands to benefit millions of Americans suffering from AMD. Besides sciences Tanu is also an accomplished writer. At age 13 she was awarded the prestigious young authors award by the Punjab government, India to publish 3 books of poetry. An avid reader when she is not in her laboratory Tanu finds solace in the world of literature.



My response to life's wake-up call

J.R.Charles

CHERYL A. D'MELLO

Eleven years ago, as a seven year old, I started my journey to the U.S. Life was wonderful and as an immigrant in a new country, I passed through the next seven years in a naïve and carefree manner. The truth is that life sometimes gives you a jarring wake-up call, and I got one of the biggest ones on November 15, 2012.

When I was in eighth grade, I received an extremely shocking call from my mom that my father had a stroke and was hospitalized at his workplace in Florida. A systems analyst, he had worked in several countries before coming to the U.S. It was as if time had frozen. I thought back to the perfect weekend that we had spent with him in Miami, Florida. Everything seemed surreal. The next few days were spent in a flurry of moving from New York to Ohio to stay at my uncle's home while my mother flew to Florida to see to my dad's treatment. In the time spent apart from my parents, I became the role model my brother looked up to.

Forty days later when I saw my parents, it was as if my heart was sliced open and all the sorrow that gushed out was unstoppable. My dad had a

trach tube, a peg, and was paralyzed. He could not talk, so my brother and I did. It was the most painful moment in my life. Yet I was so grateful that I still had all my family members with me and my dad was alive. A part of me felt relieved, but it was going to be a long road toward recovery.

I began high school a year after his stroke. Trying to manage school, volunteer work, and after school clubs proved to be a tough challenge. Yet I am glad that I took this step, because during those next few months, I learned how to be a better student and how to prioritize my tasks. Secondly, my involvement helped me to venture out of my comfort zone, and I began to connect with people I did not know.

I began volunteering in the summer of my freshman year as a Cleveland Clinic Junior Ambassador. The next summer, I volunteered at the therapy/rehab department at MetroHealth. My favorite service project, though, occurred through St. Albert the Great Catholic Church in North Royalton, where I spent time at a special needs care center. The residents and I created music, made crafts, and just talked with

each other. Even though I was nervous at the beginning, by the end of the day I felt content and extremely joyful. As a Mass Coordinator at my church, I learned to take on responsibilities and make quick decisions.

Volunteering has improved my social skills and has helped me gain confidence when talking to others, and helped me prioritize in tough situations. Also, it makes me feel good to know I have made a difference in other peoples' lives. I encountered people like my dad, who was bedridden. For the first time I was able to understand their sufferings. It made me compassionate and open-minded to those around me. My mom was in charge of handling finances, being my dad's full time caretaker, and taking care of us. She had too much on her plate; so I grew to be more independent and responsible to help relieve her stress a little. We were grateful that family and friends stepped in to guide and help us receive the necessary assistance. As time went on, I learned to prioritize and choose the most basic items in life to buy over the popular ones. Most kids would spend their Fridays at the mall or movie theaters, but I would be at home taking

care of my dad. People might have viewed my actions as a chore, but in my heart it was a way for me to get closer to my dad and encourage him.

The four years that followed my dad's stroke to this present day have completely changed my perspective on life. My dad is slowly improving, and we are so grateful to God and to the numerous individuals who supported us during these hard times. Moments like these opened my eyes to the love and kindness that surrounded us. On the other hand, I also had family and friends who shied away from us during this hard time in fear of being dragged into our chaotic world. This saddened me. To gain comfort, I started praying and reading the Bible more. I found new strength and confidence which led me to become a Youth Leader of a prayer group named Mirabella Ministry. This fall, I am heading to college to pursue a degree in Computer Science. Besides pursuing an education and a career that will help sustain my family, my greatest wish in life is to reach out to and help people going through the same struggles like us.

The Feminist Family

DOLLY PRABHU

In a hypothetical Indian American nuclear family, the husband and wife both work full time in prestigious careers. They have a son and a daughter, both of whom they encourage equally to excel. They were fervent Hillary supporters and attended several anti-Trump protests. They condemn gender inequality and are proud, self-proclaimed feminists—or at least they are during the workday. At night, they come home, remove their heavy masks and slip back into their patriarchal routines.

Both husband and wife have come home from an eight-hour work day. The husband sits down on the couch, pours himself a glass of scotch and turns on CNN. He has had a long day and wants to relax. The wife is tired too, but her second shift is about to begin. She gets dinner ready, cleans the dishes, tidies the house and collects the accumulated piles of dirty laundry. Inevitably, husband and wife get into a dispute. The argument is as unequal as their evening routines: petty insults and gaslighting are the husband's territory only. She knows the pulse of the home; she is the first victim when money gets

tight or when the husband gets anxious. And yet, the husband thinks he knows best. Worse still is that she thinks so too. She holds her ground until the husband raises his voice above a certain decibel; now the argument is over.

Son and daughter are acutely aware of the power imbalance. The son is silent on these matters. He disapproves of his father's actions, but he is never compelled to speak out. He has learned how to forget about his mother's sorrows—how else would he have survived? The daughter sees herself in her mother. She sees what dark misogynistic future awaits her beneath whatever façade of independence she may create. But she has learned to stay silent too.

Both children are encouraged to be the best that they can be academically. Their parents ask often about their grades, but ask little about personal matters. They do not know that their children lead double lives. When they learn that their daughter is in an intimate relationship, she is punished for it physically and psychologically. Their daughter is not allowed to date because her dad

was a teenager once, and he knows from experience what those boys are thinking. Curiously, their son is a teenage boy too, and they are not at all worried about what he is thinking. His numerous relationships do not concern them; on the contrary, they love bragging about how much of a ladies' man he is.

Their son's sexuality is benign, but their daughter's sexuality scares them. They do not want to acknowledge its existence. They are disgusted by her cleavage, but proud of their son's muscular physique. So long as he is cisgender, their son will be allowed to maintain a positive outlook on sex, but their daughter will never be able to dissociate sex from shame for the rest of her life.

But anyway, it's morning now, and it's time for the family to put their feminist cloaks back on. The wife goes back to work, where she has the power to converse with men as equals. She commands respect and authority in her position. The husband goes back to work too, where he hires a female as the new regional sales manager to promote diversity in the company. The son visits

his girlfriend and treats her the way he wished his mother was treated. The daughter goes back to school, where she can be vocal about her disgust for all things patriarchal, always carrying anger and resentment but never remembering exactly why.

As you may have guessed, this is no hypothetical family at all. It is my family and it might be your family too. We are a family that does not practice what we preach. We think we are feminists but we still believe in a rigid gender binary. We think love is love, but it's okay to make homophobic jokes once in a while. We don't understand what transgender means and we don't care enough to ask, we just know that it's unnatural. The women in our fantasies have wild sexual desires, but the women in our families need to keep their legs closed. We believe women should be ambitious in their careers but submissive in their homes. We believe in equality, but we praise our sons and reprimand our daughters.

I am angry and I don't know why.

Congratulations to Graduating Class of 2017



Congratulations to you and all your hard work.

Riya Desai – Columbia University	(Westlake High School)
Ananya Kalahasti – Johns Hopkins University	(Hathaway Brown)
Mahak Jain – Indiana University	(Solon High School)
Hanna Amin – Emory University	(Hawken School)
Sneha Ramachandran – MIT	(Westlake High School)
Serina Vemparala – Indiana University	(Hathaway Brown)
Josephine Raju Charles – Cleveland State University	(North Royalton High School)
Shruti Gupta – The Ohio State University	(Solon High School)
Jaidev Sharma – Georgia Tech	(Solon High School)
Parul Banerji – The Ohio State University	(Solon High School)
Vishal Sundram – Cornell University	(Solon High School)
Utsav Bhargava – Northwestern University	(Solon High School)
Ishan Dutta – The Ohio State University	(Westlake High School)
Aris Jhaveri – Case Western Reserve University	(Westlake High School)
Sahil Arora – Case Western Reserve University	(Wooster High School)
Aashka Parikh – The Ohio State University	(Avon High School)
Mira Shah – Kent State University	(Twinsburg High School)
Shivam Patel – The Ohio State University	(Ignatius High School)
Pooja Kotak – The Ohio State University	(Solon High School)



“Strength does not come from physical capacity. It comes from an indomitable will.”
- Mahatma Gandhi

www.ficacleveland.org



Swab for Sundaresh

Dr. Sundaresh is one of thousands of people across the country in a desperate race for their lives. Can you help?

Dr. Hurikadale Sundaresh spent four decades caring for children as a pediatrician in Cleveland, Ohio. And now Dr. Sundaresh needs our care. In June 2017, he was diagnosed with high risk MDS, a failure of his bone marrow and received a very grim prognosis. His only hope is a bone marrow transplant, and there are no current donor matches.

Dr. Sundaresh and his family are seeking a life-saving bone marrow donor. The best matches share the patient's ethnic background, and ethnic minorities have a harder time finding a match. Increasing the number of South Asian bone marrow donors may help Dr. Sundaresh and anyone who might need a match one day.

Dr. Sundaresh needs to find a match by September.

What can you do to help Dr. Sundaresh and thousands of others?

Register as a donor. The best donors are aged 18-44. It's easy to register to join the registry. Fill out a simple online form, receive a free kit in the mail, swab your mouth, and send the kit back. You could save a life by registering: join.bethematch.org/sundaresh.

What does it mean to join the registry?

18-44 year-olds can register at a local drive or online to receive a swab kit in the mail with return packaging and postage

Complete a quick cheek swab

About 1 in 430 registered donors come up as a match for a patient

If you come up as a match for any patient: 80% of donations are given by peripheral blood stem cell (PBSC) donation; 20% by marrow harvesting

Help us spread the word.

Facebook: Follow [facebook.com/swabforsundaresh](https://www.facebook.com/swabforsundaresh). Like and share every post and comment whenever you can.

Email: Email your friends and ask them to register at join.bethematch.org/sundaresh. If you have friends or family in India who are ages 18-44, ask them to register at datrri.org/join.

Organize a drive for donors. SAMAR (South Asian Marrow Association of Recruiters- samarinfo.org) is sponsoring our drives in the United States. DATRI (datrri.org) is sponsoring drives in India.

Did you know?

6% of potential adult donors in the marrow donor registry were Asian; 4% were multiracial (2016 data).

The chance of finding a life-saving donor match can be 30% lower if you are not white.

Over 15,000 people search the bone marrow registry for a match each day.

70% of patients do not have a donor in their family and depend on the national registry to find an unrelated donor.

Attend an event. See our events page for details: [facebook.com/swabforsundaresh/events](https://www.facebook.com/swabforsundaresh/events).

A drive in your area is happening on _____ at _____ from _____ to _____.

Dr. Sundaresh and so many others are in a race for their lives. Thank you for your help.
[facebook.com/swabforsundaresh](https://www.facebook.com/swabforsundaresh)

Questions? Please contact:

Neeti Sundaresh (Cleveland) ns@g-s-law.com 917-279-6584
Shaila Sundaresh (Cleveland) shailasundaresh@gmail.com 216-409-2814
Aarav Sundaresh (Providence) aarav.sundaresh@gmail.com 401-374-5349



RELIGIOUS CORNER

प्रणाम

Pranaama- Salutations

By DR. RAMASWAMY SHARMA –
SHIVA VISHNU TEMPLE, PARMA,
OHIO

In the previous article we discussed about Namaskara which is a common form of greeting.

The other expression pranaama is also derived from the root 'nam' meaning to bend or bow down with the suffix 'pra' added for emphasis.

Pranaama is a variation of namaskara. It is distinguished by physical exertion with a deeper devotion and faith.

The Kaalika Purana differentiates pranaama from namaskara in the following verse.

अयमेव नमस्कारो दण्डादी
प्रतपित्ताभिः प्रणाम इति विज्ञेयः स
पूर्व प्रतपितादिः

It is this same namaskara when done elaborately and with prostrations and so on is known as pranaama.

In hatha yoga the salutations to Surya the Sun who is seen as the प्रतीक or symbol of the Almighty is prescribed for health and wealth.

आदित्यस्य प्रणामस्तु ये कुरुवन्त
दनि दनि। जन्मान्तरसहस्रेषु दारदिर्यं
नोपजायते ॥

Those who perform the salutations to Sun daily will not suffer from illness or poverty in this or many births to come.

प्रणामस्तु स्मृतो यज्ञः सर्व यज्ञेषु
चोत्तमः प्रणामेन चैकेन नरः पूतो हरो
व्रजेत्

A proper pranaama is considered itself as Yagna or Vedic sacrifice. Even one salutation done well is regarded as the most effective

way of cleansing oneself and reaching the Supreme Spirit

Next article: Religious significance of Night Festivals.

BOOK OF THE MONTH

NIVI ENGINEER

HollyBodger's '5 to 1' Doesn't Represent

What's 5 to 1 about? In a dystopian future, a subset of Indian women--in an effort to counter the fiercely sexist views of a society that mandates that families may only have one child (which leads to selective abortions or elimination of girl children)--created a separate country-within-a-country called Koyanagar that aims to favor girls. Once a girl turns seventeen, five boys are selected "randomly" to compete for her hand in marriage. Only, the game is far from random, and rewards the wealthy. The system is corrupt and Sudasa finds herself unwilling to simply go along with it.

This story was written in two points of view--prose poetry for Sudasa and narrative prose for Kiran. The voices were distinct and, for the most part, clear and to the point.

Conceptually, as a twisted take on arranged marriage, and as a thought exercise on what might go wrong if a particular utopia did exist (the definition of dystopia), this book is certainly intriguing. And as a fan of dystopian fiction, I was eager to read it. However, I'm afraid that my enjoyment of the piece was hindered by several shortcomings that I ultimately could not ignore.

Problem 1 With '5 to 1': India is not China

China and India are not interchangeable. While it's true that culturally, girl babies were less desired, India decided to ban ultrasounds to prevent people from selective abortions. One basic premise of this book is that a community was formed in response to the one-child only law. But then, Bodger revealed in an interview that since she was always interested in India, she decided to set her story there. Except that India never issued that ban. Narratively and culturally speaking, that's a problem.

Problem 2 with '5 to 1': Tired Trope

Dystopian fiction - from Hunger Games to Divergent - use the walled community as a premise. This follows this trope and I suppose by adding the Indian flavoring to it it's unique, but--and maybe it's just me--I really think it's time for Walled Dystopian Society stories to go the way of Vampires and Zombies. It's a genre that has now been overdone.

That said, unlike those two series, however, '5 to 1' has some unfortunate narrative issues it must contend with. The first section of the novel spends so much time telling the reader about the world that the characters reside in, and so much time in backstory, that the forward momentum of the story is stilted. The actual forward-moving narrative is limited, and the interactions between the main characters is extremely limited. Which is fine given the structure of the story, but by the end of the first day, I still don't have a good feel for either of the two characters or what they want; their motivations are still mostly hidden from the reader. While this is a perfectly reasonable approach to writing, in this case, more attention seems to be focused on the world than

the characters, and that is a problem. Because I don't yet know them well enough to know them enough to care. Even as the story continues, so much time is spent dwelling in the past that the forward progress is weighed down. As if the story ought to be centered on the events in the past, and this should be book two.

Problem 3 With '5 to 1': Racial Undertones

The fact that the author is white shouldn't matter. In fact, I looked to this story to provide some refreshing objective insight into matters that perhaps we as Indians are too close to view objectively. However, the overall tone was so critical and judgmental throughout--even though it was filtered through the characters' points of view--that it was hard to take her opinion seriously. And this, of course, is the danger with writing about another culture. Because representation means more than merely casting characters of color. It becomes difficult to read a line like "He told us to return to our insignificant city--known for nothing but its mangoes and monkeys" (21) and not bring to mind the race of the writer. It's hard to read passages like: I should be thankful. Thankful my sex. Guarantees me the life of a bird. Food. Safety. A home? More like a cage. (15) and not see the judgment oozing out.

The fact that when Bodger imagines an India that respects women's rights, she pictures overbearing, ambitious, and corrupt women in charge resorting to violence and manipulation, is a problem. Perhaps, were we in a post-racial it would be different. But we're not. And when the only book about India in the We Need Diverse Books endcap at one of the largest bookstores in the country was authored not by someone of Indian descent, we can be damn sure we haven't gotten there yet.

This is not a post-racial world. While the author took on an ambitious project aiming to address a serious problem in many cultures, by singling out India (about an issue it didn't actually have), she opened herself and her work up to close scrutiny. I like to think I'm open-minded. I will accept criticism where it's due, although not always immediately. So when reading this story, I wanted to be sure I wasn't simply reacting viscerally. As time passed, however, what stands out is the sense that this is meant to represent a larger cultural problem in Indian society. But by conflating China and India, the effect is that I don't trust the author.

So no, I can't recommend Holly Bodger's debut novel '5 to 1.' The premise, without the racial issues, may have made it into a tolerable read (the alternating chapters of prose versus poetry in two points of view was decently done). But overall, we deserve better. As dystopian fiction doesn't allow for instilling a respectful sense of positivity, it may not be the best approach. Instead, it feels like a case of cultural appropriation. Author of 'The Indian Girl's Definitive Guide to Staying Single'

"A man is but a product of his thoughts. What he thinks he becomes"
- Mahatma Gandhi

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CBP Announces Expansion of Global Entry to Indian Citizens

Release Date: July 3, 2017

WASHINGTON—U.S. Customs and Border Protection (CBP) announced today the expansion of Global Entry eligibility to citizens of India. Global Entry, a CBP Trusted Traveler Program, allows for expedited clearance of pre-approved, low-risk travelers. Indian citizens can begin applying for Global Entry through the Global Online Enrollment System (GOES) website. India becomes the 11th country overall whose citizens are eligible to enroll in Global Entry.

“CBP is excited to offer our flagship Trusted Traveler Program to Indian citizens,” said Acting Commissioner Kevin McAleenan. “By expanding Global Entry eligibility, CBP is transforming the international arrivals process, making it more secure, efficient and welcoming, for the millions of Indian citizens who visit the United States each year.”

Ambassador Navtej Sarna, India’s Ambassador to the U.S., was the first Indian citizen to enroll in Global Entry. Ambassador Navtej Sarna, India’s Ambassador to the U.S., was the first Indian citizen to enroll in Global Entry.

Currently available at 53 U.S. airports and 15 Preclearance locations, Global Entry streamlines the international arrivals process at airports for trusted travelers. The more than 4 million Global Entry members bypass traditional CBP inspection lines and use an automated kiosk to complete their admission to the United States. As an added benefit, Global Entry members are also eligible to participate in the TSA Pre™ expedited screening program.

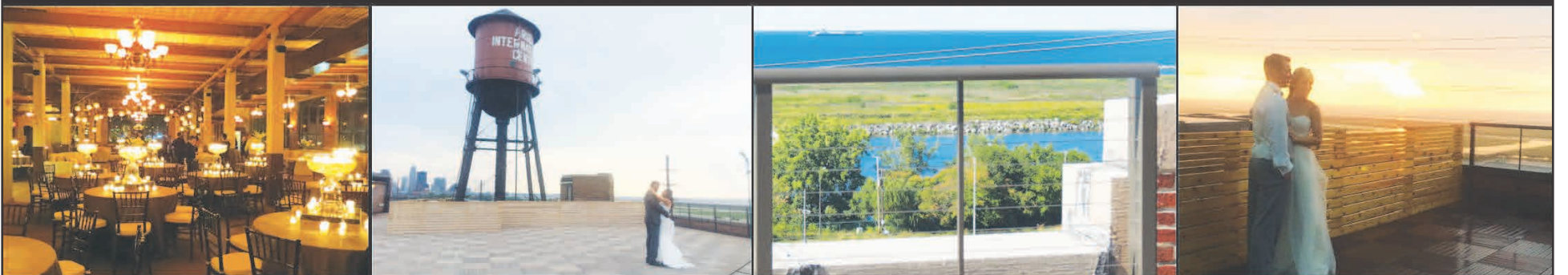
U.S. citizens, U.S. nationals and U.S. Lawful Permanent Residents may apply for Global Entry as well as citizens of certain countries with which CBP has trusted traveler arrangements, including Argentina, Colombia, Germany, Mexico, the Netherlands, Panama, the Republic of Korea, Singapore, Switzerland, the United Kingdom and now India. Canadian citizens and residents enrolled in NEXUS may also use the Global Entry kiosks.

The non-refundable application fee for a five-year Global Entry membership is \$100 and applications must be submitted online. Once the applicant successfully passes a background check, a CBP officer will conduct an interview with the applicant at one of the more than 100 Global Entry Enrollment Centers located throughout the U.S., Canada, and Qatar and then make a final eligibility determination.

While the goal of Global Entry is to speed travelers through the process, members may be selected for further examination when entering the United States. Any violation of the program’s terms and conditions will result in appropriate enforcement action and revocation of the traveler’s membership privileges. Visit CBP’s Global Entry website for more information on the Global Entry Program. U.S. Customs and Border Protection is the unified border agency within the Department of Homeland Security charged with the management, control and protection of our nation’s borders at and between the official ports of entry. CBP is charged with keeping terrorists and terrorist weapons out of the country while enforcing hundreds of U.S. laws.



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