

# THE LOTUS



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A Monthly Publication of the Federation of India Community Associations (FICA) Since 1967

## Indian Physicians Give Back To The Society

by Dr. Mona Gupta; monaguptal@gmail.com

AIPNO stands for Association of Indian Physicians of Northern Ohio. It's a vibrant, not-for-profit organization of over 450 active members who live and practice in Northern Ohio. The purpose is to bring together the physicians of Indian Origin practicing in Northern Ohio into one organization, and to enhance their knowledge and mutual understanding. AIPNO is involved at local, national and international levels. The association is organized for education and charitable purposes. AIPNO has supported educational tour for local medical residents to various parts of the world via Medical Yatra, participated in Global Health Care summit and Global CEO Summit in association with AAPI ( Association of American Physicians of Indian origin)- our sister organization. AIPNO is involved in raising charity to support and collaborate with local organizations- including Alzheimer's Association, American Heart Association, American Cancer Society, Leukemia Lymphoma Society, Cleveland Area Chapter, Hospice of Western Reserve, Food Bank of Cleveland, MacDonald House, Kidney Foundation,



Madhulika Eluri, 4th year medical student was awarded for her exceptional academic achievements, extracurricular activities and commitment to community service.

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# Sanskritam Comes To Life In Cleveland

By Sujata Lakhe Barnard

Sanskritam, otherwise referred to as Sanskrit, is one of the world's oldest languages. It is one of the Indo-European family of languages and shares much commonality with modern languages in most of Europe and parts of central, western and southern Asia. In India, it is widely believed to be the progenitor of, or at least related to, most modern Indian languages. It is also the repository of a vast body of Indian thought, literature, and poetry. Much of the philosophy, scriptures, and liturgy of Hindu, Jain, and Buddhist religions remain in this language.

For a variety of reasons, the vast majority of contemporary Indians do not have a working knowledge of Sanskritam. Even though they are vaguely aware of the richness of their heritage and thought, they ironically, are not able to access this heritage but through the medium of English translations. Among the major religionists, Hindus are perhaps singular in their lack of understanding about what is said in rituals that mark their daily prayer, during their worship in the temples or even during important events such as wedding vows. In fact as a group they appear to be calmly resigned to this state of affairs and even accept it's inevitability with some measure of goodwill. Furthermore, many believe that Sanskritam was reserved for the gods and perhaps a select group of Brahmins and was never meant to be spoken by mere mortals.

For three decades now an organization called Sanskrita Bharati has been trying to change this situation. They have created and perfected an approach to learning Sanskritam : that emphasizes learning by first speaking simple sentences while deferring the discussion of complex grammatical rules until the speaker has become very comfortable in the daily usage and syntax of this language. In this way, they attempt to mimic the process by which a toddler naturally acquires the knowledge of his mother tongue with almost perfect grammar, years before he has any formal schooling. Over the years, through this method over 5 million individuals in India and several thousand in America have gained a working knowledge of this language.

The beautiful cadence and richness of spoken Sanskritam came alive in Cleveland in Nord Hall at Case Western Reserve University on the weekend of Nov 12-13, 2016. A small group of people got together to learn how to speak this language over a single weekend. They started, at first with trepidation, and soon with increasing excitement to explore the joy of speaking a beautiful and vibrant language that they had revered, but had considered beyond their reach. Over the course of a weekend they learnt to introduce themselves, to identify objects and carry out simple conversations, to exchange stories and yes, even to write and stage small skits in this language. Those



A group of Clevelanders of a range of ages and profession gathered at CWRU classroom to delight in the workshop conducted by very playful and gifted teacher who flew especially for us from Atlanta! It is impossible to imagine one could laugh so much, and not due to embarrassment in a Sanskritam Language class!

who had studied Sanskritam in school in India often remember that experience with distress approaching post-traumatic stress, when they recall the rote memory that appeared to be required in order to learn the rudiments of the language. And yet, the group meeting at Nord Hall spent 12 hours of instruction filled with fun, laughter, and pure joy.

This workshop was led by Lakshmanan Krishnamurti, a volunteer Sanskritam teacher and a practicing pediatric hematologist and professor at Emory University. He and his wife Uma, an M.D. Ph.D. and faculty at Emory University have been learning and teaching Sanskritam for the last ten years. Their odyssey started in Pittsburgh when their son Bharat, then a middle school student called from a camp he had attended with the Pittsburgh Sri Venkateshwara temple and spoke to them in fluent Sanskritam. He had attended a spoken Sanskritam workshop. Overjoyed by the child's introduction to and apparent interest in Sanskritam both parents started attending weekly classes. At the time there were no teachers for Sanskritam available in the Pittsburgh area. Krishna Kumar, a volunteer teacher for Sanskrita Bharati temporarily stationed by his employer for a project in Erie, PA drove up to Pittsburgh every weekend, come snow or frost, so as to establish the teaching of Sanskritam in Pittsburgh. Bharat was among the first batch of students to complete a 3 three-year high school curriculum in Sanskritam as a foreign language (SAFL). The course earned him a certificate from the University of Pennsylvania and he spoke of this experience with obvious gusto in his college applications. Arising senior at Northwestern University, he nurtures an abiding interest in Indian heritage and relishes the ability

he has gained through the knowledge of the language to access Indian thought. Today, more than a hundred children graduate each year from this program. Verily, these young people are at the vanguard of the movement to establish Indian heritage firmly in the American soil. The Krishnamurtis have completed their masters in Sanskritam and continue as volunteer teachers in Atlanta, GA and elsewhere, ever thankful for what their son gained from this experience.

At the heart, the effort to spread Sanskritam in Cleveland is another remarkable couple. Dr. Subbarao Jayanti, an SAP consultant, and Dr. Rama Jayanti, a tenured Professor at Cleveland State University, balance challenging careers with an intense commitment to spreading

the knowledge of spoken Sanskritam in the Cleveland area. They have organized many events such as this one to provide access to this rich language for people in this area. They teach Sanskritam at the Shiva-Vishnu temple every Sunday. They epitomize the old adage that if you want something difficult to be accomplished, you ask someone who is already very busy. To learn more about Sanskritam or to enroll in a class please contact Dr. Subbarao or Dr. Rama (Phone: 216-765-0377).

For more details about the activities of Sanskrita Bharati and SAFL Program, please visit the website:

[www.sanskritabharatiusa.org](http://www.sanskritabharatiusa.org)



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# President's Message

By Sujata Lakhe Barnard

Thomas Friedman, in his best-seller in 2005, *The World is Flat*, said that we were undergoing a paradigm shift brought on by technology and the Internet and thus very soon we would have a "flat world"—a global village that would be a level playing field for commerce and culture. A world where information, ideas, money, and people would move around the planet faster than ever before, making historical and geographical divisions increasingly irrelevant.

Now, just a little over a decade from that outlook, today's election result threatens to make Friedman's postulations and vision not so achievable. I think, our community needs to be really aware and cognizant of how this political wind might affect not only us and our future generation but other minorities in US.

FICA is an organization which aspires to be inclusive for all Indian culture, diversity and heritage. FICA was created by visionaries more than thirty years ago to provide a platform for all India-born in the Northeast Ohio area to come together in unity and strength. FICA used to own a building in Cleveland heights, which has served as a wedding venues for umpteen numbers of marriages, language classes, classical arts classes and Durga Puja celebrations. However, that building was recently sold and FICA Board of Trustees are weighing the option of buying another building or devising some other method to shape the future of FICA.

## Letter to the Editor

Dear Editor and other readers of The Lotus,

Since my article about the history of people of Indian origin has been published in Lotus, I have received comments and corrections from two of my friends. If you see anything in that article you may want to comment about or corrections, observations, then please feel free to email me with your thoughts, so Lotus can publish a follow up article. These article I believe is very beneficial for young individuals of Indian origin living in the Greater Cleveland area.

Paramjit Singh, paramlinda@gmail.com

Cleveland Coalition for Peace & Non-Violence

GUNS don't Decide Who is Right  
GUNS Decide Who is Left

Meanwhile, we are keeping the tradition of hosting Independence day and Republic day celebration. These are two events where many of community members of Northeast Ohio area participate and come together in unity and strength. Your attendance this year will add to the strength of FICA as it moves to represent the entire Indian community on issues of importance and significance locally and nationally.

FICA was created by visionaries more than thirty years ago to provide a platform for our community to come together on the strength of our common cultural values and form a strong voice so the mainstream society understands us, welcomes us and wants to happily integrate us in the fabric of the society. That is what FICA is still striving for and has found itself in a little bit of cross-roads with uncertainty. Therefore more than ever, the leadership at FICA needs communities interest and input in how to proceed further. The forum to do that are two upcoming events, Republic day celebration in Jauray and Elections in March. In addition, you could also participate by sending open letter to the community in The Lotus by emailing to Lotus@ficacleveland.org. We especially need avenues to engage next generation in meaningful way.

FICA's continued existence and success will help to dispel the notion in the non-Indian population in Northeast Ohio that we are a divided and fragmented community, more engaged in preserving our regional identities over our national (Indian)

heritage. That does not mean that regional identities are not important or organization based on language, ethnicity or religion are of less value. Because without strong regional organizations there will not be any FICA. For a beneficial diversity, very strong individual components with strong individual identities and characteristic is a must. The only condition is that to make diversity beneficial for all, the individuals should be able to co-exist and live together. The trick is to have strong individual communities and a strong rapport between them and opportunity to come together in a joyful way and engage in meaningful activities for the good of the society.

During a conversation at the table at the Fund-raising Dosa breakfast recently the topic of many students from India at local universities came up. Having been on the FICA Executive Board a number of years now, I shared with everyone at the table the efforts that we have made to engage and bring the students to FICA events and also giving them opportunity to showcase their artistic talents to local community. However, these students are far away from family in India and are unable to go home for holidays such as Thanks Giving and Christmas. I would really like to FICA branch, perhaps Project Seva to take the lead in organizing an event on those occasions for these students. Even putting aside special funds so the students can attend events like Diwali dinners for free would be very beneficially.

## Tending to All Your Immigration Needs

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# History of Indians in the U.S.

by Paramjit Singh; paramlinda@gmail.com

## The Early Days:

The earliest recorded Indian in the USA was an Indian from Madras, who visited Massachusetts in 1790. A number of Indians were brought to the USA by seafaring Captains to serve in their households as servants. Records of this period contain references to bright turbaned Indians participating in Fourth of July parades. In the early and mid-1800's a number of scholars became interested in Indian culture, history and philosophy. They formed associations to discuss their interest in India. This is how the terms "Boston Brahmin" and "Pundit" came to be used in American literature.

## The Middle Years: "The Trouble Begins"

A number of Indians immigrated into Northwest USA and Canada. Most of them were from Punjab and were Sikhs. They worked in the lumberyards. A large number of them worked in laying the railroads in the western states of the USA as well. The main reason for their being in America was to save money and send it home to their families. Most of them had to relinquish their farm-lands to the British landlords in Punjab, because they couldn't afford to pay the taxes imposed on them by the British rulers. Droughts had destroyed their crops, but they were still expected to pay taxes to the British. If they didn't, their lands were confiscated. For most of these young men their only escape was as migrant laborers, because the British had blocked all attempts at gainful employment in India.

The lumber mill owners liked the migrant Indian workers because they worked long hours for lower wages (about half) than the European workers. The workers earned more than they could in India, so they worked hard and saved money. The US consular representative in India, discouraged Indian workers from going to the US. Indians were denied permission to immigrate and pressure was applied to the British to curb the flow. Mormon evangelists were discouraged from taking Indians back to the USA. The consul said to one of them, "the Indian is not fit for the American West".

In the meantime, the number of migrant European workers was growing in the Northwest. The migrant Indian workers

were seen as "not really American" and a movement was started to ban them from working in the lumberyards. This was the beginning of the "Asian Exclusion League" (AEL). Consequently, a number of Indian workers moved down to northern California and worked on the farms. They were skilled farm workers because they came from the state of Punjab in India, which is mainly an agrarian state.

A number of the Indians had saved enough money to buy some land. They were sold land that was "unfit for the white man's inhabitation". However, they were able to become very successful farmers. The US government almost never allowed Indian women to immigrate to the US because that would mean that Indians could "put down roots" in the US by marrying and starting a family. The California state government passed a law which made it illegal for non-citizens or naturalized non-white citizens to own land. The Indians got around this by organizing co-operatives, which ceded ownership to some Indian children born in America. Some of the Indians entered into agreements with white persons who were given a profit share for saying they owned the land. But a large number of such relationships ended in white partner claiming, at harvest time, that the whole crop was theirs.

The AEL gained popularity in Canada and the northwest US. Their meetings commonly featured songs such as "White Canada". The lumberyards were forced to lay off all Indian workers and were banned from hiring anymore. The living conditions of the Indians deteriorated drastically. They were forced into slums. A large number of these workers lived in Bellingham in Washington State. In Bellingham, the AEL triggered a riot in which a huge mob of around 500 white men attacked Indian dwellings and workplaces. While the police stood by and did nothing, six Indians were injured and had to be hospitalized, 410 Indians were held in the Bellingham Jail for "Protective Custody". By the end of the day of the Bellingham riot, all Indian workers and businessmen had been forced out of Bellingham.

The mayor of the city proudly announced in the railway station (where the Indians were herded onto trains to Northern California or Canada) that Bellingham was free of

Indians. This happened on September 5, 1907 and was followed by similar incidents on October 2 at the Canadian-Washington State border. A month later the "Hindoos" were expelled from Everett, Washington. Three years later the entire community (including the mayor, the Sheriff and the district attorney) in Saint John, Oregon (near Portland) conspired in the forced expulsion of all Indians.

## The Modern Years:

A large number of Indians came from Hong Kong and other areas in Asia too. Some Indians came as students to universities such as the University of California at Berkeley. It was during this period that the British and the US government started cooperating to limit Indian immigration. This policy was tested when the British informed the US authorities that a ship called the "Komagatu Maru" was headed to the US from Hong Kong with about 375 Indians. When the Maru arrived at Angel Island (the port of entry which holds terrible memories for Asian immigrants) the AEL had organized a huge mob to prevent the off-loading of any Indians. The persons on the ship were denied food and water for days and were prevented from landing. Finally, in exchange for food and water, they were turned away. The Indian population in the US and Canada grew very slowly during this period. It consisted mostly of students coming to study at universities. These students organized themselves into a few associations. Some of them supported the cause of Indian freedom from the British while some were loyalists to the British. The British stationed a full time secret agent named Hopkinson to monitor their activities and to cajole the US government into deporting the freedom seekers. The deportees were usually prosecuted by the British in India.

Hopkinson developed an efficient network of spies and was very successful in deporting a number of Indian leaders on the pretext that they were planning a revolution in India. It was under these circumstances that the "Ghadhar party" was formed in the US to support Indian freedom. They published newspapers for distribution in India that openly called for a freedom struggle against the British. An ongoing battle of wits raged between these Indians and the British-American nexus. Hopkinson was assassinated in an American courtroom, when he was testifying against an Indian (for deportation).

A number of these Indian freedom groups associated themselves with the German government during the Second World War because the Germans promised them help in gaining freedom from the British. Hopkinson exposed a number of these links and a large number of these people were imprisoned in the US. After the war, the first war collaborators to be tried and deported were these Indians. Even the German Nazi collaborators in the US were tried after these Indians. (In a way it seems like the war provided a nice excuse for the US government to deport these Indians.)

During this period a large number of Indians started to apply for naturalization. At this point US law only allowed whites to become naturalized citizens. But most

judges couldn't decide how to classify Indians and a large number of them granted Indians citizenship. A New Orleans judge wrote about how disconcerting it was to see a "dark white man" - the Indian - before granting him citizenship. A number of southern Europeans looked like Indians as well, so Indians benefited from this similarity.

A number of Indians were also getting married in the US. A few of the farm workers in California married Hispanic women. However, most of these marriages ended in divorce because of the cultural and religious disparities. The children that these couples had constituted a small Indian-Hispanic population which was quickly integrated into the Hispanic community because the children usually stayed with the mother after divorce. A few Indians married white women as well.

At this point the movement to formalize the exclusion of Asians from America was gaining momentum. The Chinese had already been excluded through the Chinese exclusion act in the late 1800's. A senator from California mounted a very popular campaign to exclude Indians. However there was a problem because Indians were immigrating to the US, not just from the Indian mainland but from other countries in Asia as well. But the US government was determined to stop them. Congress passed the "Immigration Regional Restriction Act" in 1917 over the veto of President Woodrow Wilson. It basically drew a line around the areas in Asia from which Indians and Filipinos were immigrating and banned them. Of course there was a provision to allow Europeans born in this region to immigrate.

The exclusionists had achieved most of their goals by now. Asian and Indian immigration was virtually banned. However, this wasn't enough. A movement was mounted to deny citizenship to the Indians in the US, take away the citizenship from Indians who had already been granted citizenship and to apply the Regional Exclusion Act retroactively to deport all Indians in the US. It worked partially. A large number of Indians left. Many of them were denied citizenship, with the Supreme Court upholding one such decision that was challenged. On February 19, 1923, with Justice George Sutherland delivering the opinion, the Supreme Court held that East Indians were not eligible for United States citizenship because they could not be considered white or Caucasian. A few Indians lost their citizenship. One interesting case was that of an Indian lawyer in California who had married a white woman. Under the law, if a man lost his citizenship, his wife automatically lost hers too. He challenged in court that if his citizenship was revoked his wife would lose hers too and then she would have nowhere to go because she was a white American. He retained his citizenship.

The 1920's were the period of the most immigration to the USA. Virtually all immigrants came from Europe. A large number of Americans trace their ancestry to these immigrants. Asians however, were banned from immigrating by law.

Continued on Page 9

As you may already know that FICA of NEO, (www.ficacleveland.org, @FICAcleveland) 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.



# Hindi Diwas Celebration 2016 Report

By Dr. Shail Jain President NE Ohio Chapter of International Hindi Association ; iha.neohio@gmail.com

Hindi Diwas was celebrated at Shiva Vishnu Temple, Parma, Ohio on October 16th 2016 starting at 5 pm. This was a joint celebration by Northeast Ohio Chapter of International Hindi Association & Greater Cleveland Shiva Vishnu Temple.

The celebration started with traditional 'Deep Prajjwalan' by Mahakavi Gulab Khandelwal; Mrs. Sushila Mohanka, the former President of IHA; Dr. Sneha Raj; Mr. Ajay Chadda, immediate past president of NE Ohio Chapter of IHA; Mr. Manhar Shah, President of Temple and Dr. Shail Jain, President of NE Ohio Chapter of IHA. Master of Ceremonies for the evening were Mrs. Renu Chadda and Mrs. Richa Mathur.

Mr. Manhar Shah communicated to the audience the support of Mandir for Hindi language and Indian culture. Dr. Shail Jain gave the history of origin of 'Hindi Diwas' which is celebrated all over India on September 14th every year. She also mentioned that language is a reflection of a country's Culture and pride. The goal of International Hindi association is to preserve, promote and revive Hindi language and Indian culture.

Mrs. Kiran Khaitan, the chairperson of education committee for IHA and coordinator for Hindi education for NE Ohio chapter of IHA conveyed the efforts and progress for developing Hindi language and culture in our area. She highlighted about STARTALK approved 'Hindi summer camp' at Akron for last 4 years, India Sunday School at Akron for more than 30 years and also the efforts to bring Hindi to our community. At this time 3 local schools are interested and our Chapter is working with School system. Dr. Shail Jain also requested that for this project the chapter will need all help from audience their time, expertise such as computer skills, voice at their local schools at parent teacher association as well as financial help.

The importance of Hindi Diwas was

demonstrated by poems, skits, songs, short stories and speeches. People of all ages participated. Cultural program was started with 'Sarasvati Vandana' and then a prayer by Mrs. Sugata Chatterji. Mr. Amrit Bindra gave a short story about why Hindi is important especially for ladies. Series of short stories by Dr. Chandra Kumar Jain brought good information in humorous way. Poems were delivered by Mr. Dilip Bhatia, Mr. Yugal Chawla, Dr. Adityanjee as well as two kids Anoushka Dubey and Nilakash Nagpur. Two skits were performed. Adult skit was written and directed by Mrs. Pratibha Khandelwal. The performers were Dr. Shobha Khandelwal, Dr. Anand Khandelwal, Mrs. Sona Lahoti, Mr. Sunit Sengupta and Bimal Ghosh. Kid's skit was performed by Chris Bandi and Mahi Bandi. The 'Sandesh' in both skits was to speak proper Hindi words and if pronunciation of word is twisted they can be interpreted with entirely wrong meaning. The performers did a great job in expressing the points and made audience laugh. Mrs. Sushila Mohanka talked about IHA and NE Ohio chapter membership and requested specially for Annual membership. A group song was presented in the direction of Mrs. Vandana Hariyani. She was joined by Mrs. Maneesha Jain, Mrs. Alka Khandelwal, Mrs. Sonia Jain and Miss Nupur Khandelwal. The theme and first line of song was 'Hum hain hindustani Hindi bhasha humko pyari hai'. Mahakavi Gulab Khandelwal presented some of his poems.

More than 175 people attended the event. At the beginning light snacks and at end dinner was provided. The program lasted for about 2 hours and kept audience engaged with laughter and applause. Mr. Sunit Jain, Vice President if the NE Ohio chapter of IHA, thanked the members of executive committee, volunteers, Temple managements, India Cafe for food, participants, T.V. Asia and audience.

Dr. Shail Jain, President NE Ohio Chapter International Hindi Association



Left to Right: Mr Ajay Chadda, Dr. Sneha Raj, Mrs. Sushila Mohanka, Mr. Manhar Shah, Mr. Gulab Khandelwal & Dr. Shail Jain



Mrs. Sugata Chatterji, A classical Indian singer sang two songs by the poet himself.



Mrs. Sushila Mohanka, Past President International Hindi Association

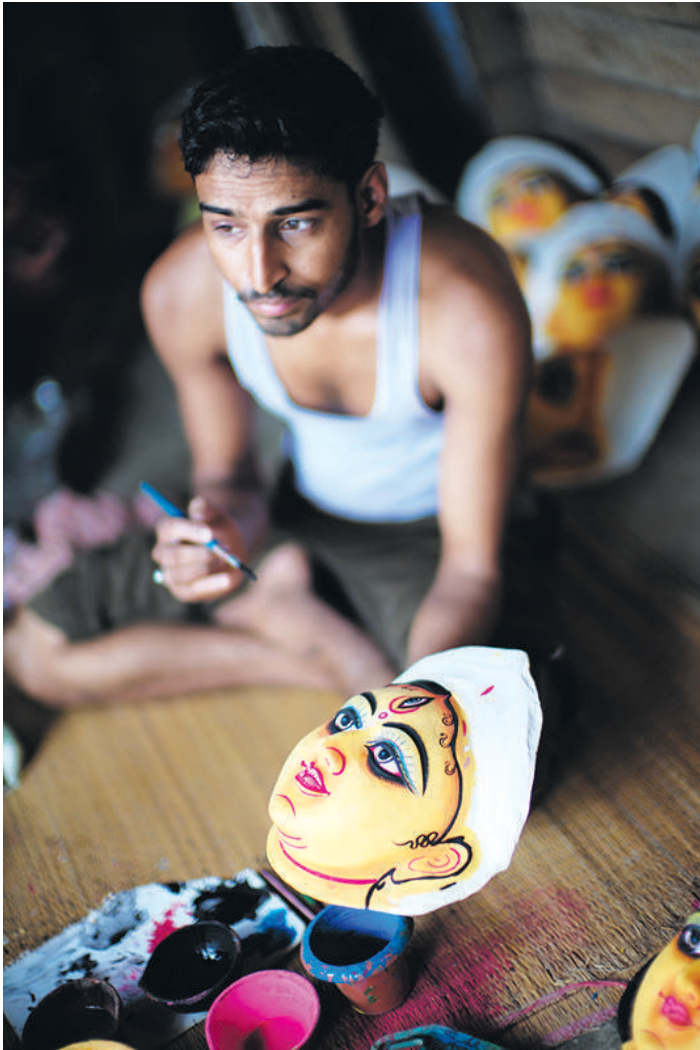


left to right: Top row: Dr.Vivek Khandelwal, Mr.Ashok Khandelwal, Mr.Amrit Bindra, Mr. Pawan Khaitan, Dr. Anand Khandelwal, Mr. Ajay Chadda, Mr. Sunit Jain, Dr. Thanmal Jain. Middle row:Dr.Shobha Khandelwal, Mrs.Sona Lohati, Mrs. Manisha Jain, Mrs. Alka Khandelwal, Mrs. Richa Mathur, Mrs. Tasmeen Lakhandwala, Mrs. Renu Chaddar, Mrs. Anju Kapoor. Bottom row: Mrs.Kiran Goyal, Mrs, Sudha Kanodia, Mrs.Bimal Sharan, Mrs. Sushila Mohanka, Dr. Shail Jain, Maha Kavi Mr. Gulab Khandelwal, Dr. Sneha Raj, Mrs. Kiran Khaitan.



# Photographs of India

Photos by William G. Barnard, IV ; Twitter @wgbiv ; Instagram @bill\_barnard



A Chhau mask maker in the Purulia District of West Bengal paints a Durga mask that he will sell as souvenirs in his shop



A Chhau dancer dressed as Mahishasura performs in a village near Purulia, West Bengal



A young dancer dressed in a beaded costume before performing a traditional Chhau dance



At the climax of the Chhau performance, Durga slays Mahishasura with her trident with the help of her ride, a lion



A dancer pauses during Diwali celebrations for a photo in a village near Bhillai, Chhattisgarh



A dancer in a village near Bhillai, Chhattisgarh before taking part in Diwali celebrations.

# AIPNO

## Continued From Page 1

Dyslexia Association, Mind Matters, and Shiksha Daan etc. AIPNO has sponsored "White Cane Walk" a fundraising event for Cleveland Sight Center, Downtown Cleveland Alzheimer's Walk. AIPNO has established partnership of "Helping Hands" and project SEVA to create a social network of volunteers to help the community. We have organized international free health fairs in many indigent areas of the world. With the help of executive committee we have been able to accomplish our goals to have more family friendly activities like family picnics and karaoke. AIPNO encourages involvement of non-Indians and non-physicians.

This year we celebrated 33rd Anniversary of AIPNO Annual Dinner and 4th Research Showcase. Over 600-700 participants attended the event. AIPNO President Dr. Ravi Krishnan was introduced by Hari Balaji, MD, President Elect. Dr. Krishnan stated "We are continuing the tradition of donating the legacy gift of 20,000 dollars every year to the Cleveland Sight Center for five years; We were able to raise 10,000 dollars for Scott Hamilton's foundation its fight against cancer. We continue to support two major health fairs in the city this year and are associated with Medical Yatra in its ongoing quest to offer quality medical care to the impoverished parts of India and the world. I am indebted to the Executive committee and Dr. Beejadi Mukunda for their great support"

The main highlights of the events were - the Research Showcase, distinguished physician of the year award, medical student's scholarship and cultural program.

The concept of AIPNO Research Showcase was born 4 years ago to further the purposes of AIPNO which includes "Conducting educational programs to acquaint the members with clinical, scientific and other developments in the field of medicine". The Research poster competition aims to showcase the original research work being conducted in this dynamic Northern Ohio community by health care professionals and basic science researchers and to award them for their work. This helps in networking of health care professionals with vision to attract, recruit and retain talent in Northern Ohio. Our Research Showcases have been grand successes with numerous posters presented by researchers ranging from high school students to university professors, medical students, resident physicians, fellows, medical school faculty, nursing students, hospital administrators and basic science research scientists. AIPNO Research Showcase has grown over the last four and this year we had participation from researchers all over the United States. Abstracts are printed in the program booklet and cash prizes have been awarded. Younger generations' participation in AIPNO has been achieved with great enthusiasm. Research work done by one of the medical residents Emilie Prot, DO was presented at the American Medical Association in Atlanta! This project was financially supported via Research Showcase. Dr. Beejadi Mukunda, Chairman of Research Showcase acknowledged the hard work put in by Dr. Mona Gupta, Co-chair of the Research Showcase. They both thanked Dr. Umesh Yalavarthy-past president, the Research Committee



Distinguished physician of the year award was presented to Dr. Neil Mehta for his outstanding services to AIPNO, academic achievement, service to other community associations and philanthropy by Cleveland's mayor Jackson

members, participants, and judges and announced the winners of Research Showcase. Ajay Lodha, MD, President, AAPI; Key note speaker Mr. Harry Boomer, TV Anchor, Channel 43; Chief guest Mr. Campy Russell, Chairman of Cavaliers Alumni Relations; Artist Hector Vega awarded prizes to the winners of Research Showcase. Distinguished guest, Mayor of City of Cleveland Frank Jackson kindly agreed to award the winner certificates of Research Showcase from his office. Dr. Ajay Lodha applauded the contributions of AIPNO and congratulated on successfully conducting the Annual Dinner and Research Showcase. He has appointed Dr. Beejadi Mukunda as the Co-Chair for the National Scientific and Research Committee to conduct an international research competition in conjunction with AAPI's Global Health Summit in Udaipur, India from December 28 - 30, 2016.

Distinguished physician of the year award was presented to Dr. Neil Mehta for his outstanding services to AIPNO, academic achievement, service to other community associations and philanthropy.

AIPNO has been awarding medical student's scholarship for many years. This year Madhulika Eluri, 4th year medical student was awarded for her exceptional academic achievements, extracurricular activities and commitment to community service.

Other highlights were : Dance performance by Antara Dutta, AIPNO trivia and door prizes organized by Dr. Mona Gupta, Co-chair Research Showcase, Kim Hilty, physician liaison at Hillcrest Hospital and Anita Krishnan, senior in Orange high school which was received extremely well by the audience followed DJ and dancing.

Dr. Beejadi Mukunda and Dr. Mona Gupta were invited for the TV interview by CLE19 NEWS to share exciting insights about educational and charitable activities and Research Showcase of AIPNO. <https://www.youtube.com/watch?v=8VCAMhwZ87M>

It is truly amazing to see how the members, donors and businesses, healthcare systems, sponsors and the community comes together to give back to the society. AIPNO is grateful for the continued support of all the health care systems in Greater Cleveland including University Hospitals, Lake Health, Cleveland Clinic, and Centers for Dialysis Care and Community Businesses. With the help of all these supporters, we plan to establish research grants in the future, bring more researchers into this great organization, help younger physicians, nurses and administrators to network and mentor new members. This further broadens the purposes of AIPNO. We are exploring the possibility of online publication of research abstracts and AIPNO journal.



Dr. Beejadi Mukunda and Dr. Mona Gupta were invited for the TV interview by CLE19 NEWS to share exciting insights about educational and charitable activities and Research Showcase of AIPNO



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# Plantar Fasciitis

Yoga practice and other healthy forms of movement can really help us take care of fascia, a vast network of fibrous connective tissue within the body. It's only recently being appreciated for the invaluable role that it plays in the body's health and functioning. Much has been written and taught about Yoga's benefit for blood flow system, lymphatic system and breathing from physical body point of view in addition to mental and nervous system benefits. In yogic lingo there is lot said about "Prana" which does not have specific english word but interpreted by various practitioners as 'directing oxygen or energy' through specific parts of body via mental visualization. In addition Yoga seems to give a benefit similar to deep tissue massage. Recently fascia is also implicated in the stress relief and comfort one derives from massages.

fascia is a web of connectivity that surrounds and interpenetrates all of our various parts. This fiber-and-fluid-based system includes what are known as our superficial, deep and loose fascial layers, as well as our ligaments and tendons. I often tell my little yogis at Hindu Heritage School in Solon to close their eyes and visualize their bodies with their third eye aka inner vision. Fascia most likely plays the remarkable role of helping the body to sense itself without using the eyes to see itself from the outside. Fascia is full of innumerable sensory nerve endings that are in constant communication with the brain about the body's position and condition in space. This could also explain soothing effect of massage on nervous system.

fascia also plays the remarkable role of helping the body to sense itself without using the eyes to see itself from the outside. Fascia is full of innumerable sensory nerve endings that are in constant communication with the brain about the body's position in space. This ability for the body to use "inner vision" to sense itself is called proprioception

## **Plantar Fasciitis Exercises.**

Foot pain and Plantar Fasciitis are not only incredibly uncomfortable, but can lead to severe and debilitating lower back issues.

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Between massage therapy sessions, practice self-massage on one of the most sensitive areas of the body--your feet. A brisk foot massage in the morning can stimulate energy for the tasks ahead. In the evening, slow massage on the feet can help soothe the day's stress. Follow the entire sequence in order, or try each separately.

Inchworm: Human feet are very complex and wonderfully design. Usually they are designed to grasp the contours of the earth, grab them and move forward. Use of shoes and other walking devices in modern world has left some muscles in the

feet trapped in one shape, unused and weak. In order to release that tension in your feet and strengthen some un used muscles I do this exercise called Inchworm, which I was invented by Dr. Esther Gokhale. All it takes is to sit down on a stool or chair and lay your feet flat on the ground and then one at a time, scrunch up your feet and then relax. While doing so you will move forward with your feet and then backtrack. Use all muscles underneath your arches to create a hollow space under your foot such that your foot is resting in the tips of your toes and just the outer edge of your heel, this is the scrunch part. To relax breath in passively and let your foot move forward. Repeat until the foot has travelled a distance comfortable for your leg and then inchworm backwards towards you. You can see Dr. Gokhale explaining this on her website, Gokhalemethod.com along with many other posture related exercises.

### **1. Ankle Circling**

To begin, remove shoes, socks, and jewelry. Wash your hands and feet in warm water and sit in a comfortable, quiet place. Place your right foot on top of your left thigh. Insert fingers of your right hand inbetween the left toes so as to interlace them. Now use the anchor of fingers to rotate your foot at the ankle.(see photo)

### **2. Sole Rub**

Place one hand on top of your foot and the other on your sole. Rub your hands back and forth across your foot in short strokes. Tailor your self-massage to your needs by using brisk strokes to stimulate (especially helpful for cold feet) or gentle strokes to soothe. Concentrating on the entire foot, toe to heel. Using foot roller for warming up cold and itchy feet also works amazingly well.

### **3. Toe Stretch and massage**

With one hand, gently stretch your toes back. With the other hand, use a loose fist or an open palm and gently tap the sole of your foot to stimulate blood circulation. Circle your toe tips with your fingers as you pull them.

### **4. T-Shape Fan**

Wrap both hands around your foot, with thumbs meeting at the bottom of your sole and fingers curled lightly onto the top of the foot. Press your thumbs into the sole, then sweep them up the center of your sole. Near the toes, fan the thumbs out toward the sides of the feet to complete the T-shape and stretch the foot outward.(see photo)

### **5. Thumb Circling**

With hands wrapped around the foot, move your thumbs in rhythmic, kneading circles across the sole of the foot. Pinch each side of your foot with your thumb and index finger and push with one hand and pull with other with churning like action, which you feel in the slim bones of your feet almost instantaneously. (see photo)

Complete your self-massage with long, slow strokes over the entire foot. Then, repeat the sequence on the opposite foot. Between professional massage sessions, practicing foot self-massage helps relieve stress by soothing the nerve endings in the feet and relaxing the entire body.



Ankle Circling



T-Shape Fan



Thumb Circling



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# India's March

By Om Julka



When India got freedom from British rule on August 15, 1947, my wife and I were waiting to hear Pandit Jawaharlal Nehru's speech at midnight from the ramparts of the Red Fort, Delhi. He spoke at midnight and said, "At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom. A moment comes, which comes but rarely in history, when we step out from the old to the new, when an age ends, and when the soul of a nation, long suppressed finds utterance....."

The tense and frustrating part of that freedom which we witnessed poignantly, days before Partition of India was such that no other nation should ever face in the world. In those tense days and nights and even later Train-loads of refugees also brought some butchered dead bodies back from the areas marked Pakistan. Their homes and businesses had been looted and many of them suffered untold miseries, death and destruction. Some Hindus and Sikhs who survived had to leave their belongings, homes, cash, jewelry and everything behind and rush to safe havens in India. Some refugee trains were stopped on the way and many people were killed or maimed. In India there was a great retaliation. Communal strifes broke out as revenge and killings started, not only within Delhi but also in the whole of Punjab and adjacent states. I remember how I used to keep awake at night and watch for hours with a loaded gun on the roof of my single-storey house along with other neighbors, in College Lane New Delhi, to face the slogan shouting Muslim crowds coming from Jama Masjid. My only one Muslim neighbor family was saved by all of us other neighbors, from being killed by enraged mobs. We escorted the couple and their two teen-aged children: a son and

a daughter, secretly to a Refugee Camp in Purana Quila (Old Fort) New Delhi, from where all Muslim refugees were to be taken to Pakistan under military escort.

In later years Indian leaders devoted more attention to resettle the millions of refugees, stabilize the nation, and also to make Constitution of India into a Democratic multicultural nation where Hindus, Muslims, Sikhs, Christians and all others could live in peace and harmony together, without distinction of cast or creed. The new Constitution of India was subsequently made and from January 1950 India became a secular democratic Republic. Indian National Congress leader Jawaharlal Nehru remained the Prime Minister of free India.

The fury of young Indians was gradually transformed into hope. Tremendous task of newly won freedom lay ahead. Unification and integration of Princely States of India with the country and the task of clearing the raiders from the State of Jammu and Kashmir became the immediate problems for the leaders Jawaharlal Nehru, Sardar Patel, Dr Rajendra Prasad, Maulana Azad and others under the guidance of Mahatma Gandhi, to tackle. I was witnessing all these happenings. Some leaders were visiting

Birla House to consult Mahatma Gandhi, who lived there. He had no official status in the Indian National Congress or the government and yet all the leaders sought his advice.

Sometimes I am overcome with the acute nostalgia for my days spent there in early years of India's Independence. Subsequent years have found what Mr. Obama, the President said in his speech to Parliament, "In Asia and around the world, India is not simply emerging but has emerged" To the audience of young Indians in 2015 he said, "... young Indians like you are not just going to define the future of this nation, you are going to shape the world". So the United States, once suspected to be having leftist leanings, became a rising strategic friend. By 2025 the Indian middle class would grow to 583 million, the world's fifth largest consumer market.

More than 300 million Indians are now under the age of 15; and up to 2030 about 1 million are expected to turn 18 every month and join the global labor force. So let us hope that global peace and economy will be such that every year India could create 10 million jobs for them.

## History of Indians

### Continued From Page 4 The New Age: The "Iron Curtain" Lifts:

Towards the end of Second World War, President Roosevelt started to lift immigration restrictions on Asians. The Chinese Exclusion Act was repealed. The Indian Regional Exclusion Act was however, stuck in the congressional committee web. Roosevelt had to send his personal envoy to the hill to lift the ban on Indians. However, Indian immigration didn't pick up until after the immigration reform act was passed, making immigration a little less racist and a little more equitable.

Indian immigration picked up considerably in the late 1960s and early 1970s with a number of Indian doctors immigrating to fill the shortage of doctors created by the Vietnam War. The momentum gained during this time has led to the continuing increase in Indian immigration through the 1980s and the 1990s.

An Indian gentleman was elected to congress for two consecutive terms (from California) in the 1960s. Congressman Saund's eligibility to run for congress was challenged in court because he hadn't been an American citizen "long enough". However, the California Fourth District Court of Appeals ruled that by January 3, 1957, when Saund would take office, he would have been a citizen for the requisite amount of time. The Indian congressman's (Dalip Singh Saund) term ended with his death. Currently, there are a few Indians

running for Congress (Peter Mathews - leading in polls, Neil Dhillon - lost his primary due to very negative advertising by his opponent, Kumar Barve. Raj Uppulluri - lost his primary).

According to the US Census, most Indians currently immigrating to the US are either the family of US citizens or professionals. The Indian community in the US is currently the most well educated and prosperous one. Close to 89% of Indians in the US have completed high school, 65% have completed college and a stunning 40% have completed Masters or doctorate degrees. Their per capita income is the highest in the USA.

Their educational and income levels are higher than other Asian American groups, Whites, Hispanics and Blacks. Indians in the USA have ventured into almost every field and occupation, though most of them are professionals such as doctors, engineers, entrepreneurs and financial analysts.

Indians have held positions such as the sheriff of a county in Maryland, a member of the coaching staff for the San Francisco 49ers, etc. Zubin Mehta, as a conductor of the New York Philharmonic, is one of the most renowned Indians in the US. Ismael Merchant is a well established movie producer. Freddie Mercury (alias Farhud Balsara) of the rock band Queen was part Indian. Other established rock bands with Indians include Seven Mary Three, No Doubt (Tony Kanal-bassist) and Sound Garden (Kim Thayil). The founder of Gupta

Technologies and the co-founder of Sun Microsystems are a few among a number of other pioneering Indian entrepreneurs. Close to 3000 Indian Americans work in the New York MTA, contributing to the management of the world's largest transit system. Miss Teen USA for the year 1994 is Miss Ratna Kancherla, an Indian American from Georgia.

I could go on and on about the variety of professions and fields that Indian Americans have contributed to, but it should suffice to say that Indian Americans have consistently contributed a great deal to the economic, social and cultural prosperity of the United States of America.

As you have probably learned from this document about the history of Indians in the USA, Indians are not new to this country and have been an integral part of the American mosaic for a long time. Most of the historical facts stated here are

almost never taught in American schools and are generally ignored by the media. Since the number of Indian Americans is growing rapidly, it is essential that more of the American populace know this history. It can lead to more acceptance and integration of Indians into American society. A good understanding of this relationship between Indians and the USA may also serve as a foundation for better relations between India and the USA. It is about time two of the greatest democracies in the world started co-operating and working together. Perhaps with a better understanding of their past, Americans of Indian origin can contribute resolutely to developing friendly relations between the USA and India. The social, cultural and economic benefits to both countries could be immense.

Source of this article: Visit [http://www.shamit.org/Articales/history\\_of\\_indians\\_in\\_the\\_us.htm](http://www.shamit.org/Articales/history_of_indians_in_the_us.htm)

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# Domestic Violence

By Om Julka

Diwali, was on 3rd November this year, is the most important festival in India. The festival lasts for five days. The significance of each day is viewed differently in the various Indian communities. It is called 'the festival of lights' and celebrated by lighting candles and diyas (oil lamps) and by letting off fireworks. As we all know the festival is connected with the story of Rama's return to Ayodhya after defeating the demon King Ravana and saving his wife Sita whom Ravana had abducted. It was a triumph of good over evil. The story of the Ramayana also aims to illustrate, the virtue of loyalty. It is a reminder of the constant battle ongoing within our own lives. To what extent can we say that virtue, loyalty and inner light in our lives are being encouraged? As we light the flames on Diwali, our attention should also be drawn to our own 'inner light'. In the Hindu philosophical tradition, this means a focus on remembering that we bring 'light' into our own, and other peoples', lives?

When we reflect over what is happening in some parts of the world, including in India, we find violence and abuse affecting women from all

kinds of backgrounds every day. We are inundated with the news about domestic violence, e.g. athletes beating their partners, in their homes, even some well educated persons have been abusing their girlfriends or wives. Sometimes, women may be attacked by strangers, but most often they are hurt by people who are close to them. Violence and abuse can cause terrible physical and emotional pain. That is where we need to help the society by curbing these evil deeds. Often women are likely to be victims of intimate partner's violence. Eighty-five percent of victims are women and 15 percent men. If we remember, during the twelve years from 2001 to 2012 the number of American troops killed in Afghanistan and Iraq was 6488. The number of American women who were murdered by current or ex male partners during that time was 11,766. That's nearly double the number of casualties during war.

This problem needs to be solved quickly in the spirit of Diwali festival. Let us all resolve to help in eradicating domestic violence everywhere in the world by non-violent peaceful methods



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# FICA Tennis Tournament

By Michael Sreshta: sreshtamichael@gmail.com

FICA Tennis started on a beautiful sunny morning on October 9th at the Solon Tennis courts after a false start earlier due to inclement weather. This year we had over 24 participants and most chose to play both singles and doubles. This year we did

not make a distinction between double and mixed double. In addition to the winning ladder we added a “loser’s ladder” to give every player a second chance not only to play two games but also a chance to face the winner in the finals. This was carefully

engineered by our committee member Devender R Vittedi.

NandaKishore Immaneni, winner of the singles match said, “Thanks for organizing such a great event. We enjoyed so much. I still do not believe I won!. Its a very well organized event. In fact both FICA and NEOTA are organized very well. Keep up

the good job in organizing. I made good friends during the tournament.” Debendra Ghosh, also a member of FICA BOT was the runner up.

Congratulations to the winners, Award ceremony will be at India’s Republic day celebration in January.



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The monthly newspaper is first Asian community Newspaper in USA and the only nonprofit Indian Community newspaper in Cleveland, Ohio, started by CWRU students in 1967. The newspaper is printed in Sandusky and mailed to over 2000 households and businesses. we distribute stacks to libraries, grocery stores, museums and other cultural institution which show interest in South Asian Indian ethnic cultural. Our staff and writers are all unpaid voluntary contributors. The Lotus is a monthly newspaper that reports on the Indian Community and its activities.

Please send donations to FICA/Lotus at:

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## Shiva-Vishnu Temple, Parma, Ohio Lord Jagannath Nabakalebara 2017



Shiva-Vishnu Temple invites you to submit original arts, photographs and articles to be included in the nabakalebara souvenir. Prizes will be awarded to winners of the front and back page cover designs. Other selected art, photographs and articles will be published in the souvenir.

**ART:** Must be original. Art size should be 8 x 11 inches. It should be related to Lord Jagannath, Shiva Vishnu Temple, Jagannath Temple in Puri, Ratha Jatra, and Northern Ohio.

**PHOTOGRAPH:** Must be original. Submit a glossy print. Print size can be post card or a full page. The photograph must have similar theme as in Art.

**ARTICLE:** Must be original. Page size is limited to 4 pages (8 x 11 inches, written on one side). Articles should be preferably in English. The topic of the article must be related to Lord Jagannath. The author/authors of articles selected for publication will be requested to provide an electronic copy of each article.

**Where to submit:** Shiva-Vishnu Temple, 7733 Ridge Road, Parma, Ohio 44129, or by email to Ramaswamy Sharma (vrssharna@gmail.com, 440 888 0515)

**Submission deadline:** January 15, 2017

**What to Submit:** Your original art, photograph, and/or article and a completed release form. Release form can be obtained from the temple office or can be emailed to you on request.

**Who can participate:** All ages.

**For questions:** Contact Santosh Misra, MisraSan@gmail.com, 330 714 3096, or Ramaswamy Sharma, vrssharna@gmail.com, 440 888 0515, or Dr. Prasanta K. Raj, prasantaraj@yahoo.com, 440 420 6148.



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