

# THE LOTUS

A Monthly Publication of the Federation of India Community Associations



September 2017

1967 - 2017 | 50 Years

## FICA's Anand Mela a Great Success

SUDARSHAN R. SATHE

FICA's Anand Mela celebrating India's 71st Independence Day was a great success! About 650 people attended the event held at the Parma-Snow Branch of Cuyahoga County Public Library on Sunday, August 20, 2017. There was the hoisting of the Indian flag, delicious Indian food and desserts, games, fun, music and masti!



The Executive Committee of FICA, under the energetic and innovative leadership of President Ritu Mahna, deserves all the praise. About 16 volunteers stood at the door when Library doors opened that day. From a subtle display of orange, white and green lights overhead, to being able to accept credit card payment, to keeping the count of people with a counter-clicker, our community got to see a wonderfully organized and joyous gathering. The participation of young families was especially heartening. We need the young blood!

There was a variety of food and drink stalls – sugarcane juice, chaat, jewelry, clothing, accessories, henna, biryani, ice cream, etc. and most sold out their items, including the lemonade stand. The ladies at the reception table were pleasantly persistent and they get the credit for so many new Annual as well as Life memberships. Special thanks to all the executive Board Members and volunteers who came early and stayed late. They

included: Smita Samant, Bharat Kumar, Samir Gautam, Ameet Bathiya, Gaurav Kapur, Yatish Desai, Dr. Rajesh Sharma, Utkarsh Hazarnis, Swati Desai, Harsha Kapur, Padma Jambunath, Piya Roy, Swati Sathe, Deepa Nair, Paru Narhari, Sumita Kedia, Mona Bhatia, Seema Sharma, Shaifali Bathiya, Ajay Chadda, Renu Chadda, Parul Parikh, Sreedhar Nair, Achyut Nair, Riya Desai, Sajjan Patel, Arul Mehta, Jay Masurekar, Dr. Priyanka Sharma, Dr. Geetu Raina and Mona Alag.



Once again, sincere thanks to all of the Executive Board members and volunteers (forgive me if someone has been omitted), who worked hard so soon after the roaring success of the Golf Outing. Now the community will be expecting a grand Diwali as well as Republic Day program!!

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### FICA App Launched



The board is excited to introduce our brand new FICA app. created by our executive committee member Shaifali Bathiya this app is going to revolutionize the way our community accesses FICA events, memberships and news. The FICA Cleveland app is available on the App Store for both Android and Apple devices. Download the App and take the first step to stay connected to your community.

**FICA Fundraiser for Flood-Affected Victims in Houston**  
FICA has organized a fundraising drive for all the victims affected in Houston due to Hurricane Harvey. Please open up your hearts and help those in need. We can make a difference together!  
Please send your checks to:  
**FICA**  
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Solon, OH 44139

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# Goodbye Summer, Hello Fall!

**EDITOR'S NOTE**

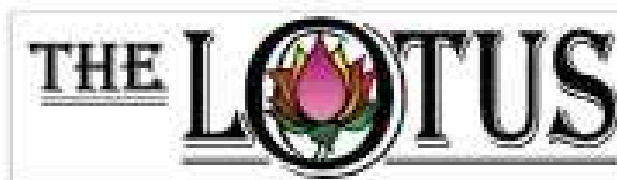
It's time to bid summer farewell and say hello to the rich colors of fall. Friday, September 22 is the first day of fall. For many of us, fall is the most beautiful time of the year in Ohio. You can drive for miles and admire the vibrant colors and enjoy the cool crisp air. We are certainly blessed to be far from the hurricanes that have swept over our shores.

As the new editor of "The Lotus" I am looking forward to recording the events in our community in North East Ohio and showcasing them to the larger community. I want to remind you all that "The Lotus" is a community newspaper and should announce and reflect news about you. The larger population in North East Ohio is unaware of the diversity within the Indian community, the color and festivities, religions, languages – and the food, that distinguishes our culture.

We need to hear from you. Is there a festival coming? A special celebration? A good or bad experience? Please write to us. Tell us your stories, so we can share them with the larger community. We have introduced a new Calendar of Events page and hope to announce events in your associations, neighborhoods and groups.

We also ask for your continued support in advertising in "The Lotus," so that we can bring these stories to your inbox or doorstep and to the rest of North East Ohio as well.

Happy Reading!  
Cheryl D'Mello  
Editor  
Lotus.ficacleveland@gmail.com



**ADVERTISING  
IN  
THE LOTUS**

[WWW.FICAcleveland.org](http://WWW.FICAcleveland.org)

*The Lotus, the First Asian Community Newspaper in the U.S. and the only non-profit Indian Community newspaper in Cleveland, Ohio, was a community supported initiative launched at Case Western Reserve University in 1967.*

*Today, the newspaper goes to over 2000 households and businesses by direct mailing and goes to 7000 email boxes. We distribute stacks to libraries, grocery stores, museums and other cultural institutions which show an interest in South Asian Indian ethnic culture.*

Monthly (Less than 12 months)	Yearly (12 months consecutive)	Maximus Ad Size WXHt
\$20	\$180	1 col wide 2"X1"
\$50	\$450	one sixteenth 4.5"X2"
\$80	\$720	one eighth 4.5"X3.5"
\$120	\$1200	quarter page 6"X6"
\$200	\$2100	half page 10"X8"
\$350	\$3600	one page 10"X13"

The ad must be received by the Lotus Editor in high resolution format (jpg or similar) by the 20th of the month, for publication in the following month's issue. Lotus will try its best to have the following months issue distributed by the first week of the month for which the issue is dated (e.g. Ad for Nov. 2017 issue of Lotus must be received by the Oct. 20, 2017.)

We will work with the advertisers to have their Ad print ready. Ads that are not print ready (size, resolution) will result in blurry images for which we will not be responsible. Advertisers will be charged a one-time \$50 fee for ads that need significant amount of work by Lotus in order to get it print ready.

Email [lotus@ficacleveland.org](mailto:lotus@ficacleveland.org) or current editor with questions and requests for publishing ads. Your Ad will be published only after our Editorial board has approved it for publishing.

Please email to [lotus@ficacleveland.org](mailto:lotus@ficacleveland.org) with the following info and electronic copy of your Ad:

Your name: \_\_\_\_\_

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Make checks payable to FICA Cleveland and write "The Lotus" in the memo line.

The check and contract for advertising should be mailed to: **FICA/Lotus PO BOX 39474  
Solon, OH 44139, United States**

## President's Message

This year the FICA team has been focused on collaborating more closely with all our sister organizations and other organizations here in Cleveland.



RITU MAHANA

On September 17, we are working alongside the Telugu Association of North American to arrange a walk to raise donations for the victims of the recent hurricanes.

FICA also participated in an event hosted by Global InterCLE. It was an opportunity to meet with students from India and offer help during their transition to

the U.S.

Also, Samir Gautam, Michael Shrestha and I visited the Western Reserve History Center of Cleveland to archive our heritage for the future generations of our community.

As FICA continues to become more involved with community events, we ask

that you too show your support. Our request is simple: please participate through volunteering, donating, or both. The only way we can grow and thrive as a community is to be involved. I request all of you to hold hands together and stay strong and do good work together, for our Karam Bhumi (Work Land) & Matri Bhumi (Birth Place).

If you are interested in giving, please contact us. Also, if you are a leader of one of our sister organizations - please reach out to us as we would love to continue to bring the Greater Cleveland Indian Community together!

Sincerely,  
Ritu Mahana

### Letters to the Editor and Articles

The Lotus welcomes Letters to the Editor and original articles. Please include your name and phone no. for confirmation purposes. They should be about 500 words in length and include photos where possible. They should be typed and double spaced and forwarded to [lotus.ficacleveland@gmail.com](mailto:lotus.ficacleveland@gmail.com) with a subject line: Letter to the Editor/Article for Publication. We cannot guarantee that it will be published, but will do our best depending on space available, timeliness, etc. Send us your feedback too.

### 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

### FICA MEMBERSHIP

The new board members of FICA invite you all to become members and active participants. Together we can make a difference in North East Ohio. If you have any questions or concerns, please contact the President at: [president.ficacleveland@gmail.com](mailto:president.ficacleveland@gmail.com)  
Please see the details about membership dues below.

## 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.

### 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:

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Mobile Phone: \_\_\_\_\_ Spouse's Mobile: \_\_\_\_\_

Place of Employment: \_\_\_\_\_ Spouse's Employment: \_\_\_\_\_

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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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# Vikram Seetharaman:

## *A passion for scientific research and improving the world and people's lives*

BY CHERYL A. D'MELLO

When Vikram Seetharaman was five years old, his mother, Sudha Seetharaman, got a call from his Physical Education teacher. "All the kids can stand on one leg, but Vik cannot; I'd like you to take him to see a doctor," she said.

After blood tests confirmed by a muscle biopsy, his parents found that he had Muscular Dystrophy. It was hard to accept, since he seemed to be able to do everything else. Muscular Dystrophy causes progressive weakness and loss of muscle mass. Medications and therapy helps to manage the symptoms and slow the course of the disease.

Today Seetharaman is 34 years old and has a Bachelor of Science degree from Case Western Reserve University. He has just completed his Master of Science degree from Cleveland State University and will soon be looking for a job. His goal is to be a research scientist.

His science and research background enable him to understand his own condition very clearly. "You are born with a genetic mutation that causes Muscular Dystrophy. It is usually hereditary, but in my case it seems to be a result of a spontaneous mutation," said Seetharaman, seated comfortably in a

wheelchair in his parents' home in Solon, Ohio. "I have an x-linked recessive type called Duchenne's (named after the physician who first documented it). For this type, the symptoms begin around five-six years of age."

As a child, Seetharaman could not perform physical tasks or athletic skills for example, climbing stairs, running, kicking a ball, jumping, as well as other children. "Sometimes the little brats thought it was okay to make fun of me. Some of them got my fist in their face or belly as a punishment," he said smilingly.

At school, a physical therapist worked with him till he graduated. He also participated in regular physical education classes till the ninth grade, played with the neighborhood kids in sports, and took swimming lessons.

"During adolescence I started having trouble walking and my heel chord muscles would get really tight when I sat for a significant amount of time. I started tripping and falling more often," he said. In high school he began using a wheelchair. Now he uses a manual wheelchair at home and when he goes outside alone, he uses a motorized wheel chair. While at Case Western, he lived on campus

for the first four years and joined the Phi Kappa Theta Fraternity, then moved back home. He lived at home for about nine years, from around April 2005 to June 2014, before he moved into the group home in Shaker Heights. He tried living there for about two years before returning to live with his parents at home.

Seetharaman's dad, Raj, is an Ophthalmologist; his mom, a former IT professional, works in his dad's offices. He has three adult siblings: Sonia, Sheila and Jay and Reggie, a 11 year old Beagle. His family has been involved with the Greater Cleveland Chapter of the Muscular Dystrophy Association and he has attended summer camps and support group meetings through the organization. Along with his family, he has travelled to Canada, Turkey, India, Greece, Alaska, Australia, Mexico and the Caribbean, in addition to cities across the U.S.

"We have to plan for what an able bodied person does not have to think of – the logistical stuff," said Sudha, who would drop him off in the family van which has wheel chair access at Cleveland State University for seminars, classes, and research. "I advocate for Vik to get all the benefits, equipment and help he needs," she said. They can hire Ohio independent



providers through the Cuyahoga County Board of Disabilities, as Seetharaman needs assistance. She works at juggling the schedules of the aides who come in to help him. His bedroom on the first floor is equipped with a ceiling track lift system.

Seetharaman himself is also an [online] social/environmental activist, for worthy causes to improve the world and people's lives.

"My activism has more to do with improving, educating, and empowering society and pushing for good environmental stewardship. I also share petitions on social media," he said. However, he has chosen the research career path.

"I wanted to study biology since elementary school," said Vik. "In high school, I decided to study molecular and cell biology so I could do disease research." While in college, he worked in different labs, where he studied sleep apnea and did cerebrovascular research on the effects of strokes on the brain.

"After I graduated from college, I got a job at the Center for AIDS Research (CFAR), a division of the Department of Infectious Diseases at the Case School of Medicine," he continued. "I then worked in Dr. Andrew Resnick's biophysics lab at Cleveland State during graduate school, where we studied kidney disease and physiology. All my professors have been mentors in some capacity over the years."

As a pastime, Seetharaman enjoys playing video games and watching shows like "Game of Thrones", "Homeland," "Real Time with Bill Maher" and "Vice". He prefers north Indian cuisine like chick pea curry and chicken curry rather than his own south Indian cuisine, speaks English and Spanish, and can understand his native language: Tamil.

In spite of his challenges, he is looking forward to making advances in the field of molecular and cell biology research while also supporting worthwhile causes in the world.

**"When words are both true and kind, they can change the world" - Buddha**

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**Association of Indian Physicians of Northern Ohio  
Fundraising Annual Chiraag, Dinner & Research Showcase**

**Saturday, September 23<sup>rd</sup>  
4:30 pm to 10 pm**

**Huntington Convention Center of Cleveland**

300 Lakeside Ave E, Cleveland, OH 44113

[Complimentary valet parking at 1 St Clair Ave NE, Cleveland, OH 44114](#)

[Register here for Annual Dinner](#)   [Click here for Research Abstract Submission](#)

Contact Binnie Eiger at [admin@aipno.org](mailto:admin@aipno.org)

Proceeds Benefit



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With sincere gratitude to those who made Chiraag, Annual Dinner and the Research Showcase 2017 Fundraising Dinner a Success....

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Association of Indian Physicians of Northern Ohio  
(AIPNO)

# FICA Tennis Tournament

**MICHAEL SRESTHA**

FICA organized another exciting tennis tournament this year, sixth in a row, at Solon Community Park Tennis Courts on Friday, August 25 and Saturday, August 26, 2017. The tournament included matches for both singles and doubles with 22 adults participating under clear skies and ideal temperatures in the 60s and 70s.

really enjoyable and provided a great way to make new friends. All the participants were very thankful to FICA for organizing this event.



**DOUBLES WINNERS**

Nanda Kishore Immaneni, FICA's last year's champion came back from a 4-1 deficit to win the singles tournament beating Nitin Kumar Chauhan. Dibya Ranjan Mohini and Vishal Anand played a magnificent game winning the doubles tournament beating our past champions Abhijit Nath and Debabrata Ghosh.



**SINGLES WINNERS**

Devender Reddy created a unique way to hold the doubles tournament by dividing the players into two groups. Each team played against the rest of the teams in their group to determine their eligibility to play in the finals. The matches were

## Anand Mela *Contd. from page 1*



## A Traditional Ganesh Festival

ANAND MORE

On August 27, 2017, the North-East Ohio Maharashtra Mandal (NEOMM) celebrated the Ganesh Festival in a traditional manner. Activities like Ganesh Sthapana (installation), Puja, Maha Aarti, Maha Prasad (food) and Visarjan (Idol immerse) were celebrated. NEOMM's own artistic team presented the audience with a Marathi comedy drama on contemporary subjects and with positive message. This drama was written, directed and acted by NEOMM members. While managing day jobs, family chores and other engagements, all artists invested a lot of efforts over a six month period to produce this drama. The audience not only gave an amazing response during the show with the spontaneous laughter, claps and whistles, but several of them also met the drama team after the show to congratulate them for their exceptional efforts. During the drama show, small kids were successfully kept engaged with a magic show and balloon maker.

One of the NEOMM members also presented an Indian semi-classical dance in front of Lord Ganesh. Kids who own the "Ganesh Stotra Recital Competition" not only were awarded, but also got a chance to recite Stotra in front of the audience.



**Ganesh Idol**  
Sculpting Workshop was also held on August 13, 2017. About 20 kids in the age group 5 to 15 used natural clay and learned easy sculpting techniques. Without using any sculpting molds, kids themselves not only made beautiful Ganesh idols but also decorated these with their own designs and used their favorite colors to paint them. Several parents and grandparents also helped the kids, while some of them made efforts to make their own Ganesh idols. At the end of the workshop, while looking at happy kids and their gorgeous Ganesh

idols, all contributors were sure that their efforts were well spent. The same day, NEOMM had also arranged the "Ganesh Stotra and Atharwashirsh Recital Competition." Kids in various age groups recited Ganesh Stotras or Ganesha songs. Judges praised and evaluated their efforts using criteria like interest, pronunciation and understanding. Those kids who did not participate this time were definitely inspired to participate next year.

NEOMM was founded in 1975-1976 with the intention of promoting Marathi culture, arts, literature as well as the Marathi language.



## AAIWO Awards Scholarships

KAMNA JAIN

The Association of Asian Indian Women of Ohio (AAIWO) recently awarded five scholarships in conjunction with the Cleveland Foundation to students seeking further education. The top winner was awarded \$2000. The second and third place students received \$1000 each. The other two students were awarded \$500 each. The Education Scholarships are made possible by the AAIWO Scholarship Fund which is managed by the Cleveland Foundation. Scholarships are need-based and limited to women of Asian Indian descent and high school seniors (male and female) of Asian Indian descent. Scholarships are awarded to further education or training of awardees. Details are on the website: <http://aaiwo.org/>

Earlier this year, AAIWO held a discussion group to discuss the challenges of raising children while trying to integrate in modern society.

AAIWO is a nonprofit organization whose mission is to support, educate, and empower Asian Indian women to overcome the barriers in their personal and professional lives. It was one of the first organizations to offer a domestic violence hot line – offering women who often may not have any other resources – a vital link to vetted services.

Please see the Community Events Calendar for details of our AAIWO Retreat on Oct. 8, 2017

**Call AAIWO's hotline  
number (440) 218-6959 for free  
counseling for women and  
children in the Asian Indian  
community.**

## North East Ohio Tamil Sangam Candle light vigil for Anitha Shanmugam

On September 4, 2017, the Tamils in the Greater Cleveland area held a candle light vigil for Anitha Shanmugam at the Brecksville Metro Parks, Plateau Picnic Area, Valley Parkway in Brecksville, Ohio.

Anitha, a student from Tamil Nadu, a state in India, secured 1176 out of 1200 in the 12th Standard Exams in the Tamil Nadu State Board examinations which would have secured her a medical seat-- if only the State Board marks had been considered for admission. She had scored full marks in Maths and Physics. Anitha, however, could only manage to secure 86 marks in the NEET (National Eligibility cum Entrance Test). The minimum eligibility cut off for any candidate to pursue medical education is set at 50 percentile which was not enough to get her a medical seat. She later committed suicide. Her death created a major controversy in Tamil Nadu where the National Eligibility and Entrance Test for medical admissions was strongly opposed. She has become a cause celebre as a victim of the system. The Tamils across the U.S. held a candle light vigil for Anitha and to show the solidarity for the Tamil people in Tamil Nadu against the NEET Exam.

## Tamil Language Schools in Cleveland

There are two Tamil language schools in the Greater Cleveland area with around 100 students at each school. The school year 2017-2018 has begun.

1) **Tamil Malar Manram Kalvikoodam (TMM)** meets every Friday from 6:30 p.m. to 8:00 p.m. at Advent Lutheran Church, 5525 Harper Rd, Solon, OH 44139  
Contact: Chandrasekara Kayambo, [tamilmalarmandram@gmail.com](mailto:tamilmalarmandram@gmail.com)  
Phone: (248)506-2899

2) **The Greater Cleveland Tamil Schools (GCTS)** meets every Friday at 6:30 p.m. at Liberal Arts Building, Cuyahoga County College, Western Campus, 11000, West Pleasant Valley Road, Parma, OH 44130  
Contact: Ramasamy Somasundaram  
Phone: (216) 702- 9527

# AIPNO Presents Fundraising Annual “Chiraag,” Dinner and Research Showcase on Sept. 23

DR. MONA GUPTA, DR. HARI BALAJI AND DR. BEEJADI MUKUDA

Report and various cultural programs.

The Association of Indian Physicians of Northern Ohio (AIPNO) is a vibrant, not-for-profit organization of over 450 active members who live and practice in Northern Ohio. With a clear vision and a promising future, AIPNO has continued to grow and develop its strengths through all these years. 2017 has been a landmark year. We have involved a larger pool of active members and recruited several new, enthusiastic participants with ideas and dreams that will transform AIPNO to be a more nimble and effective organization. We have enhanced our donor and beneficiary engagement and have developed detailed plans to carry forward the mission of AIPNO to further Medical Education, Generous Philanthropy and Increased Access to Care.



**Healthfare in Shiva Vishnu Temple. From left to right- Hari Balaji MD, President AIPNO, Timothy J DeGeeter-Mayor Parma, Mona Gupta MD- President-elect AIPNO/Co- chair Research Showcase, J. Bhimani MD**

AIPNO has supported educational tours for local medical residents to various parts of the world via Medical Yatra, participated in the Global Health Care Summit and Global CEO Summit

in association with AAPI (Association of American Physicians of Indian origin), our sister organization. Besides education, AIPNO is involved in raising money to support and collaborate with local organizations which include the 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, Dyslexia Association, Mind Matters, Shiksha Daan, etc. AIPNO has sponsored the “White Cane Walk” a fundraising event for Cleveland Sight Center, Downtown Cleveland Alzheimer’s Walk. AIPNO encourages involvement of non-Indian physicians and healthcare workers. AIPNO has established the partnership of “Helping Hands” and project SEVA to create a social network of volunteers to help the community. AIPNO has organized international free health fairs in many indigent areas of the world.

This year AIPNO is celebrating its 26th Chiraag, 35th Anniversary of AIPNO Annual Dinner and 5th Research Showcase. Over 600-700 participants usually attend the event. AIPNO is honored to contribute to various organizations in the Greater Cleveland area that share our mission and vision. AIPNO continues to donate to Cleveland Sight Center as part of a \$ 100,000 pledge over five years from 2014 as a “Legacy Gift Beneficiary”. Each year, we have also chosen and donated to a Primary Beneficiary after the fundraiser. This year Dr. Hari Balaji, Dr. Mona Gupta and the executive team have chosen “Recovery Resources” as the Primary Beneficiary after reviewing their track record and contribution to the immense problem of substance abuse. We encourage members, donors and friends to identify similar organizations so we can have the privilege of honoring them in the future. The main highlights of the events to be held on September 23, 2017 at the Huntington Convention Center are the Research Showcase, Distinguished Physician of the Year Award, Medical student’s scholarship, “Chiraag” the fundraiser, the Annual



**Research Showcase: left to right-Mona Gupta, MD -Co-chair Research showcase, Madhulika Eluri, 4th year medical student, Ajay Lodha,MD-Past-president AAPI, Beejadi Mukunda, MD -Co-chair Research Showcase**

The concept of AIPNO Research Showcase was born five 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 to create a network of health care professionals with vision to attract, recruit and retain talent in Northern Ohio.



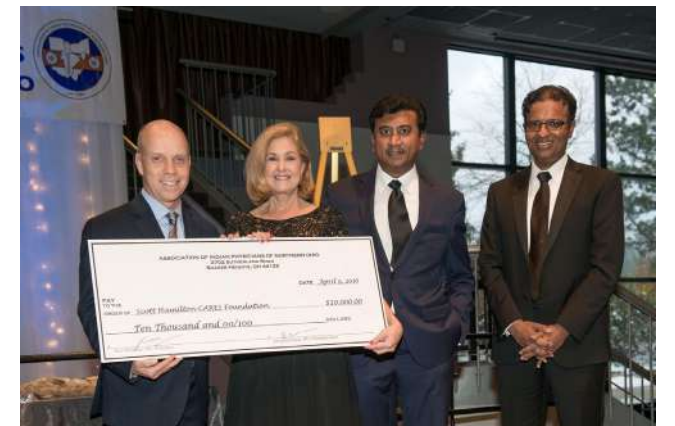
**AIPNO Karaoke: left to right: Hari Balaji MD-President AIPNO, Rao Garuda, Shanta Kampani, MD and Homai Cupala, MD**

AIPNO’s 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. The AIPNO Research Showcase has grown over the last five years and this year AIPNO is expecting close to one hundred research posters! Abstracts are printed in the program booklet and cash prizes will be awarded. The participation of younger generations 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 conference in Atlanta and was recognized! This project was financially supported by AIPNO via Research Showcase. Dr. Beejadi Mukunda, and Dr. Mona Gupta, who co-chair the Research Showcase, have worked tirelessly with various institutions to increase participation.

Ms. Diane Wish, CEO of Centers for Dialysis Care will give the keynote speech. The Honorable Mayor of the City of Cleveland, Mr. Frank Jackson has kindly agreed to award the winners certificates of Research Showcase from his office. He has sent a Proclamation honoring the work of AIPNO members.

The Distinguished Physician of the Year Award will be presented to a physician who has shown outstanding services to AIPNO, academic achievement, service to other community associations and philanthropy. AIPNO has been awarding a medical student’s scholarship for many years. It is awarded to a fourth year medical student who has shown exceptional academic achievements, extracurricular activities and commitment to community service. Highlights of the cultural program this year include Bangra and Bollywood performances by nationally acclaimed team of students of Case Western Reserve University - “Spartan Bhangra” and “Case Kismat Fusion Dance”. There will be a DJ and dancing will follow the dinner program.

It is truly amazing to see how the members, donors, businesses, healthcare systems, sponsors and the community come together to give back to the society.



**AIPNO donating to Scott Hamilton : left to right: Mr Scott Hamilton, skater and Olympic gold medalist, Hari Balaji, MD- President AIPNO, Ravi Krishnan,MD- Past-president AIPNO**

AIPNO is grateful for the continued support of all the health care systems in Greater Cleveland including the Centers for Dialysis Care (who are the presenting sponsors), University Hospitals, Lake Health, Cleveland Clinic, and community businesses. With the help of all these supporters, AIPNO plans to establish research grants in the future, bring more researchers into this organization, help younger physicians, nurses and administrators to network and mentor new members. This further broadens the mission of AIPNO.

2017 continues to be a groundbreaking year in which AIPNO grows to be an organization for everyone. AIPNO is for the young budding physician, seasoned researcher, philanthropic practitioner, dedicated donors, and valued beneficiaries alike. AIPNO is the hub for all of us. AIPNO is where you come and see your dream take shape and bloom. With our noble mission and active pursuit of Medical Education, Philanthropy and Improving Access to Care, we have great faith that we will continue to grow to great heights with enthusiastic participants and willing partners.

Registration link for the event is available at [www.aipno.org](http://www.aipno.org). Interested participants may also register by calling 2162281168 or by emailing [admin@aipno.org](mailto:admin@aipno.org). Advertisements can be placed to support the event and display tables for vendors are also available. Please register early to be assured of a seat at this exciting and exclusive event with limited seats.



# Fennel Seeds and Its Health Benefits

JYOTI MALIK

Fennel Seeds (*Foeniculum Vulgare* Seeds) are also called "Saunf" in Hindi in India. These are highly aromatic and flavorsome dried seeds of the fennel plant. Fennel has medicinal as well as culinary uses. It provides marvelous flavors and is frequently used in Indian cooking.

India is the largest producer of saunf amongst countries like Iran, Mexico, China, Canada, Syria, Bulgaria, United States and Australia who also produce it in large amounts.

Fennel seeds are sweet and woody in taste. A common practice in most Indian households is to have a few fennel seeds at the end of every meal. This practice you might think is to freshen the mouth, but think again. Fennel seeds are a concentrated source of minerals like Copper, Potassium, Calcium, Zinc, Manganese, Vitamin C, Iron, Selenium and Magnesium. The age old practice does much more than simply beat bad breath. Here are some nine great fennel seed benefits:

1. **Helps Regulate Blood Pressure:** A study published in the *Journal of Food Science* found that chewing on fennel seeds helped increased the nitrite content in saliva, making it a great natural way to keep a check on blood pressure levels. Apart from this, fennel seeds are also a very rich source of potassium and since potassium is an essential component of cells and body fluids, it helps control your heart rate and blood pressure.

2. **Reduces Water Retention:** Drinking fennel tea regularly



helps flush out excess fluids as it works as a diuretic. In addition, fennel seeds help remove toxins and reduces the risk of urinary tract problems. It also has diaphoretic properties that stimulate perspiration.

3. **Fennel Tea for Constipation, Indigestion, IBS & Bloating:** The tea is considered very useful to help indigestion, bloating and constipation because of the oils found in these seeds. Fennel seeds contain estragole, fenchone and anethole, which contribute to the plant's antispasmodic and anti-inflammatory properties. For those with IBS, the volatile oils found in fennel seeds can help kick start digestion by promoting the production of gastric enzymes. For its multitude of gastrointestinal benefits, fennel tea is sure to help the digestive tract be healthy and happy.

4. **Fennel Seeds Reduce Asthma Symptoms:** Fennel seeds and their phytonutrients help clear sinuses. They make a great tea to aid with bronchitis, congestion and cough as they have expectorant properties.

5. **Helps Purify Blood:** The essential oils and fiber in these seeds are considered very useful to flush out toxins and sludge from our bodies, thus helping to cleanse the blood.

6. **Improves Eyesight:** Fennel seeds contain Vitamin A, which is important for eyesight. In ancient India, extracts of these seeds were used to improve the symptoms of glaucoma.

7. **According to Ayurveda:** Fennel seeds reduce all three Tridoshas (Vata, Pita, Kapha). The seeds have a cooling effect on the body. It is a good idea to consume a fennel seed drink during the scorching summer, to relieve heat from the body. The oil found in the seeds is carminative in nature, hence it is used in massage blends, especially in Ayurveda, to calm the nerves and promote mental clarity.

8. **Great for Acne:** When fennel seeds are eaten on a regular basis, they provide the body with valuable minerals like zinc, calcium and selenium. These minerals are very helpful to balance hormones and in helping up the oxygen balance. When consumed, fennel has a cooling impact on the skin, hence giving a healthy glow.

9. **Keeps Cancer Away -** The seeds also have very powerful free radical scavenging properties that help beat oxidative stress and protects the body from various cancers of the skin, stomach and breasts. Fennel seeds have a very potent chemo modulatory effect too.

In Ayurveda, fennel seeds are considered very auspicious. They were extensively used in various recipes in ancient India. The age-old secrets of health can be found in the simplest ingredients in our kitchens. We just need to unveil them.

Source: NDTV, SmartCooky.com

## Recipe for Kashmiri Khatte Baingan



Prep time: 10 mins | Cook time: 15 mins | Total time: 25 mins

### Ingredients:

- 8 small Baingan or eggplants
- ½ tsp turmeric powder
- ½ tsp coriander powder
- ¼ tsp heeng or Asafoetida
- 1 tsp of Amchoor powder or tamarind
- 1 tsp of Red Kashmiri Chili powder
- ½ tsp dry ginger powder
- ½ tsp Fennel powder
- salt to taste.
- 1 tbsp oil for making curry
- oil for deep frying
- fresh cilantro for garnishing

### Instructions:

1. Wash and wipe the baingan dry and making a plus sign slit length wise from the base towards the stalk, This will divide the eggplant into quarters keeping them joined at the top.
2. Heat the oil in a pan for deep frying. Once the oil is hot, deep fry the eggplants until they are little brown

from inside.

3. Take them out on a paper towel so that the excess oil is removed.

4. Now in another pan, add 1tbsp of oil and heat it. Once the oil is hot, turn the flame on medium and add heeng, ginger powder and stir for 10 seconds. then add Turmeric, coriander powder, fennel powder, red chili powder and salt.

5. Add a cup of water and let this mixture cook for 2 minutes. The add the egg plants and cover the pan with lid.let the curry cook for about 10 minutes on medium flame.

6. After 10 minutes, flip the eggplants and add Amchoor powder and cook for another 5 minutes.

7. Mix well and then turn off the flame. Garnish with fresh cilantro leaves and serve them hot with rice or roti and enjoy.

## RECIPE CORNER

JYOTI MALIK



20600 Chagrin Blvd, Suite #150  
Shaker Heights, OH 44122-5327

(216) 295-0400

www.thesaffronpatch.com

“The highest education is that which does not merely give us information but makes our life in harmony with all existence”  
- Rabindranath Tagore





**Support a Child (S-A-C) Presents**  
**An Evening Of Entertainment**  
**Sunday, Sep 24th, 2017**  
 6:00 PM · Sree Venkateswara (Balaji) Temple,  
 4406 Brecksville Rd, Richfield, OH 44286

**Ticket price:**  
 \$20/ adult · \$10 for children above 5  
 Dinner during intermission

For tickets & more information, please contact  
 Mrs. Shobha Sreenath 440-829-2256 · Dr. Rama Jayanti 216-785-0325  
 Dr. Rashmi Jain 440-668-1966 · Dr. Tej Pareek 216-375-6691  
 Dr. Nidheesh Patel 847-907-0651 · Mr. Akshay Dhariwal 614-390-4419

**Ved Prakash Hasya Kavi**

**An Evening Of Cultural Programs**

**Sanjay Jhala Hasya Kavi**

**Food, Shelter, Education**  
**SUPPORT A CHILD**  
 www.sacusa.org

SAC Mission is to provide education (up to high school), boarding, lodging, medical care and Samskara (values) to the children of under privileged background from different parts of Bharat.  
 The SAC program provides a way to all of us to connect with our roots in Bharat. All funds raised will be sent to Support A Child (SAC)  
 www.sacusa.org



Greater Cleveland Shiva Vishnu Temple  
 and  
 Northeast Ohio Chapter of  
**International Hindi Association**  
 invites on



## Annual Hindi Diwas 2017

at 4:30 pm to 8 pm on Sunday, October 15, 2017  
 to be held at

### Shiva Vishnu Temple

7733 Ridge Road, Parma OH 44129

For more information:

Temple:

Call :440-888-943

E-mail:shivavishnutemple@gmail.com

IHA:

330-421-7528

iha.neohio@gmail.com

**No entrance fee**

**Fun filled evening full of entertainment**

**Poetry recital and music, honoring the Hindi language**

**- Program followed by Dinner**

हिन्दी हमारी भाषा ही नहीं, भारतीय संस्कृति की वाहक और हमारी पहचान है.

**आइए, मिलकर हिन्दी दिवस मनाएँ**

**For more information & participation, contact**

Shail Jain - 330.421.7528

Shobha Khandelwal - 330.421.6638

Sunit Jain - 330.904.4912

Kiran Khaitan - 330.622.1377

Bimal Sharan - 440.227.7524

Sumita Kedia - 216.390.0107

Renu Chadda - 216.544.7285

Vimmi Jain - 216.288.6133

Richa Mathur - 330.608.0493

निज भाषा उन्नति अहे, सब उन्नति को मूल, बिन निज भाषा ज्ञान के, मिटे न उर को शूल  
 यह मेरी प्यारी हिन्दी, ज्यों भारत में की बिन्दी, आओ, इसको अपनाएँ, हम साथे और सिखाएँ

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

- Enroll your children in Bala Vihar and help them learn Indian culture and philosophy
- Structured and age-appropriate curriculum for adults and children
- All classes are taught by experienced teachers
- Classes on Sundays from Sept 2017 to May 2018
- New language classes next year: Sanskrit and Hindi



Children are not vessels to be filled  
 but lamps to be lit.

Swami Chinmayananda

Classes start:  
 Sunday, Sept 10  
 9:30am – Noon  
 Tri-C West Campus



## 2017/2018 UPCOMING EVENTS

### BALA VIHAR

- New this Year: Every Sunday Morning: Sanskrit and Hindi classes
- Aug 19 & 20: | Sat & Sun: Teachers' training course
- Sept 10 | Sun: Bala Vihar Open House and Kick-Off (9:30-12pm)
- Jan 14 | Sun: Spring Open House
- May 19 | Sat: Bala Vihar Graduation

### FESTIVALS

- Sept 10 | Sun: Ganesh Chaturthi Puja (At Bala Vihar)
- Oct: Diwali Celebration
- Mar 3 | Sat: Holi Celebration

### SATSANGS & EDUCATION

- Dates TBD: Monthly Satsangs Lead by Vivekji
- Oct 28 | Sat: Beyond Bullying Workshop (All Day)
- Dec 9 | Sat: Weekend Devi (women) Retreat
- Feb 25 - Mar 3: Gyana Yagna (Discourse Series)
- Apr 20 - 22: Understanding Marriage Retreat
- Aug 10 - 12: Family Weekend Camp
- Aug 13 - 17: Kids Day Camp

### SEVA AND THANK GURUDEV ITS FRIDAY EVENTS

- Sept 24; Oct 22; Nov 19; Dec 17; Jan 28; Feb 25; Mar 25; April 29
- May 8: Swami Chinmayananda Jayanti | Seva Day

[ChinmayaCLE@gmail.com](mailto:ChinmayaCLE@gmail.com) | 216.272.7655



## Advice for International Students

DR. U. SUDARSANAN

Thomas Friedman in his book "The World is Flat," suggests that one day the international community will shrink in size, and we will all be part of the global village. Given the technological innovations that are taking place every day in every field, it truly appears that we have become a global community. What happens in one part of the hemisphere certainly has a repercussion on the other side of the world.

The key element to note is that the repercussions vary only in range and in context.

An alarming climate change to a vexing personal tweet can create an imbalance not just on a macroscopic-physical temperature level but also on a microscopic- personal level. A simple 140-character tweet initiated in America can change national and international governmental policies across the world, that some students who were supposed to be joining classes this fall here in our state colleges were denied visas or were requested to reapply for the following semesters.

While the higher education community in the U.S. reels over visa issues and immigration status, international students, surprisingly, are not dissuaded by any of these complex issues. For them, the charm of studying abroad, especially in the U.S., is key to being successful in life, as they innately believe that America will provide them with unique opportunities and experience. According to the "Los Angeles Times," last year alone there were close to one million international students who came to the U.S. to pursue higher education. The number only increases each year. What is amazing in all these students is the will to survive hardships and "to make it in America."

This fact was validated and corroborated in an interview with some international freshman Indian and Chinese students from Kent State University and other state colleges

around Ohio the week before fall classes. Six students were willing to be interviewed. Five of them were reluctant to use their names, as they felt uncomfortable about revealing their identity in a new country.

The following paragraphs reveal the challenges and the excitement students face being on campus and what advice some of the counselors gave them. One of the students decided to become a spokesperson for the other five.

"Hi! My Name is Elvis. Not the Elvis, Elvis but Elvis Xa from China. I changed my name so that people in America don't have a hard time calling me. I found out that it is a very common practice among Chinese people when they come to America; very similar to how Indians shorten their long names, like my roommate here "Ramnathan." He wants me to call him "Ram." It is easy and short but not that easy to remember like Elvis, right?

"Anyway, like my friends here, I came to the U.S. to study. I am planning to do undergraduate studies in Business Management and the others are in different majors. One of them is undecided, though he said he wanted to do journalism. We are all excited and scared at the same time. I know it is common for every freshman to feel this way, but being international students has its challenges. We thought we were all prepared, but only after we reached here and joined college, we realized that there are so many aspects that we had not thought about.

"To begin with, though many people on the orientation day were very-very helpful, it is the small things that get to you. For example:

- 1) People take longer to understand us, and this bothers me very much, as I cannot change my accent. This is so true on all the campuses.
- 2) We have to look for everything here on campus and not many people

are friendly. Even people from my country are sometimes not friendly. For example, I did not see a branch of Bank of America that I had an account with in China, and when I asked people, they said I have to go to downtown, but nobody told me how to go there! Just saying "take an Uber" doesn't mean that they are helping me. I feel very lost. Also, the campus buses don't take you to downtown; they all go in and around this campus. The sad part is there are no international banks on campus. If we use another bank to withdraw money, they charge us for withdrawals, and I don't have money to waste as every dollar counts.

- 3) Also, not having change/ money means buying food is a problem. As we are all a few days early before college starts, our meal plan doesn't kick in till next week.
- 4) Now laundry has become a problem as we don't have quarters for the laundry machines.
- 5) But all these problems pale when I start thinking about next week when classes will start.

"What truly worries us are the following questions:

- How are subject matters taught in America?
- How are the professors?
- What should I do if I miss an assignment?
- What if I fall sick?
- Will I be able to learn?
- Will I succeed?
- How will my parents react if I don't get good grades?
- Will the books be very costly?
- Will I be able to afford them?

"I know I sound like I am complaining, but all these things worry me. I know many of us as face the same issues and are scared, but we also know that if you come back in a month and ask us the same questions, we will give you a different response. People in America call such experiences growing pains but we call it "international students and initial freshman growing pains".

One of the English professors suggested that following the ten college commandments mentioned below will certainly get them into their professors' good-grade books:

- 1) Go to class every scheduled day - memorize your schedule and stick to it
- 2) Understand what credit hours mean and work accordingly
- 3) Print a copy of the syllabus and be prepared for class
- 4) Read and work on the assigned portion for the day before class begins
- 5) Annotate and take down notes as it will help you to understand the class lectures and seek clarification
- 6) Remember, you are in a learning environment and not complaining environment, so don't complain about the amount of work you have to do
- 7) Schedule an appointment to meet your professors; please note that most of them have walk-in office hours or you can easily set up appointments to see them
- 8) Remind yourself that your professors, University library and Google scholar are reliable resources and all of them are there to help!
- 9) Introduce yourself and make friends in every class; also, make sure to take down their phone numbers in case you want to call them about something that happened in class
- 10) Remember the most important commandment of all: You are responsible for your actions; you cannot blame anyone for your actions, so taking care of yourself, your environment and your independence is ultimately in your hands.

The professor ended by wishing them all well. She said, "Each day is a gift; enjoy your 'present' - college life. Things will fall into place as it is the fall season. You will all survive. Good-luck and God Bless."

## InterCLE event welcomes International students

ZAHID SIDDIQUE

For the first time ever, international students from various area colleges were given a welcome at a reception held on Sept. 9 at the Global Center for Medical Innovation in Cleveland. Friends of Global Cleveland, a young professional group with an international focus, extended an invitation to the more than 6,000 international students in the region. There were cultural demonstrations, networking with potential employers, food vendors, Chinese dancers and acrobats and Saipan and Samoan dances. Invited guests include Mayor

Frank Jackson and Cuyahoga County Executive Armond Budish.

Cleveland's Mayor Frank Jackson welcomed the gathering. Margaret Wong, Immigration Attorney encouraged the students to keep trying, just like she did. Entrepreneur Radhika Reddy spoke of her experiences when she came to Cleveland as a student. Joe Cimperman, President of Global Cleveland also addressed the gathering. There were raffles and gifts were given away. Mo Albitar arranged the program.



The Federation of India Community Associations (FICA) was represented by Mona Alag, Guniya Bafna & Zahid Siddiqui from the FICA Board of Trustee and Utkarsh Hazamis from the Executive Committee. They collected contact information from students and others interested in finding out more about FICA.

## RELIGIOUS CORNER

### Ratri Utsava “रात्रउत्सव” or prominent Night Festivals

By Dr. Ramaswamy Sharma – Shiva Vishnu Temple, Parma, Ohio

In the “Markandeya Purana” there is a very famous group of 700 hymns dedicated to the Supreme Goddess Durga, the Divine Mother. This is known severally as “Chandipath”, “Durga Saptashati”, “Devi Mahatmya”, etc. In one of its verses, a list of four nights is depicted as one and the same as the Divine Mother herself.

कालरात्रिः महारात्रिः मोहरात्रिश्च दारुणा ॥

श्रीदुर्गासप्तशती ॥१. ७५ ॥

KALARATRIH MAHARATRIH MOHARATRIH SCHA DARUNA.

They are

1. Kalaratri कालरात्रिः
2. Maharatri महारात्रिः
3. Moharatri मोहरात्रिः
4. Daruna दारुणा

Among these the Kalaratri is well known to all devotees as the Maha Shivaratri which occurs usually in the months of Feb-March. During this day, the Divine Mother is worshipped along with Lord Shiva.

Maharatri the second of these, is again the famous Sharat Navaratri, the nine-day long festival of the Divine Mothers Durga, Lakshmi and Saraswa-

ti, which occurs in the month of Oct-November. For the first three days the Mother is worshipped as ‘Power’ in the form of Goddess Durga. On the next three days, She is worshipped as ‘Wealth’ in the form of Goddess Lakshmi. During the last three days, She is worshipped as ‘Knowledge’ in the form of Goddess Saraswati. Though all the three forms are worshipped during Navaratri, more emphasis is given to Saraswati Puja or worshipping the Goddess of Learning.

Moharatri the third, is very well known as Deepavali (Diwali) or the Festival of Lights all over the world. During this festival, Lakshmi, the Goddess of Wealth and Fortune is worshipped.

In the fierce fourth form, the Goddess Daruna is worshipped so that she is pleased and does no harm. This is known as Holi Dahan or Holi Pournima, when devotees ward off their sins by symbolically burning a fire. While the first three festivals were devoted to the benign forms of the Divine Mother, the last is dedicated to remove Alakshmi or the harmful aspect of the goddess from our life.

## BOOK OF THE MONTH

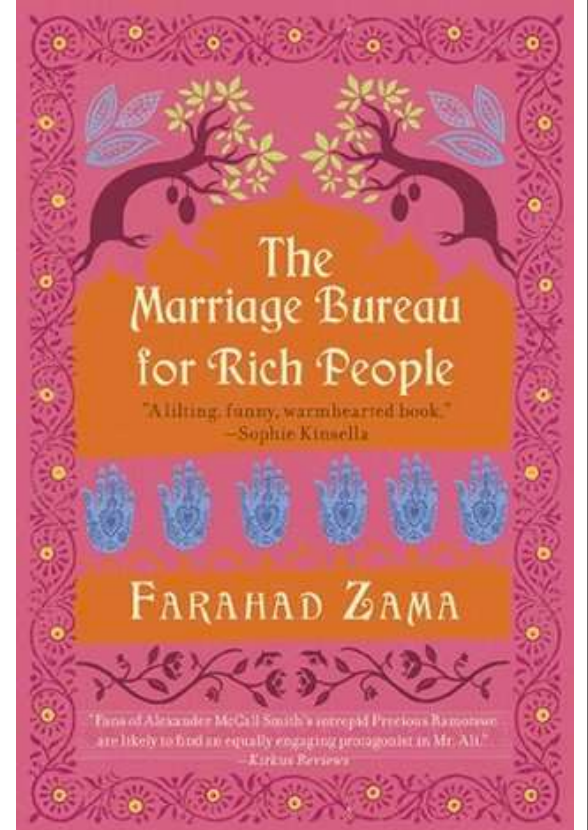
NIVI ENGINEER

### “The Marriage Bureau for Rich People” is a Must-Read

What happens after retirement? What arrangements do couples make to avoid from driving each other crazy with the new phase of 24-7 togetherness? In the case of Mr. and Mrs. Ali, they opened a marriage bureau. This kept him occupied (and out of Mrs. Ali’s hair) all day long. So starts “The Marriage Bureau for Rich People” by Farahad Zama. The couple lives in a small town in southern India, in a community that is richly evoked through Zama’s narrative. Mr. Ali starts his Marriage Bureau and starts gathering customers, offering to place ads and field responses for his clients. Soon his business grows so busy that he must hire an assistant. And so we are introduced to Aruna, who has struggles of her own. The Ali’s also have a son, who, by choosing against marrying and settling down, stress Mr. and Mrs. Ali.

Plot-wise, the premise is simple, and characters are introduced in a natural way. Clients come and go, conflicts arise and are resolved. But even as the short chapters and clean writing keep the narrative moving along briskly, the story manages to discuss many complex topics with finesse. At the start, we know nothing about Mr. Ali other than that he would drive his wife crazy by staying home all day. But—other than his glaring blindspot regarding his son—he demonstrates a level of compassion and understanding that makes him—and his marriage bureau—a great success.

In case it’s not clear, I really enjoyed this book. It was lighthearted, easy to read, and fun. But what I probably liked best about it was the religious tolerance. The Ali’s are Muslim, yet have clients who are Hindus, Christians, and Muslims. They attend a Muslim wedding, starting with the groom arriving on a horse surrounded by the dancing “baraat”(wedding procession) dancing to “Doli Sajaa ke Rakhna” from DDLJ. The wedding scene contains so many details that are familiar to anyone who has attended



a Hindu wedding, that it’s hard not to realize that the differences people see in each other are manufactured. Muslim philosophies are placed alongside their Hindu equivalents, reminding us what we all have in common. The Ali’s place little stock in the differences between people, and the effect is non-judgmental pleasure. What more could you ask from a book but to open your eyes and feel more connected to your fellow human at the end? The aim of fiction is, after all, to open minds, to forge connections by allowing the reader to occupy the mind and life of someone else. Farahad Zama’s “The Marriage Bureau for Rich People” does just that. No matter how you feel about arranged marriages, this story is a delight. But be warned, it might just open your mind.

## TEMPLES IN CLEVELAND

Shiva Vishnu Temple  
440 888-9433

BAPS Shri Swaminarayan Mandir  
330 220-4020

ISSO Shree Swaminarayan Hindu Temple  
(440) 238-2222

Gurdwara Guru Nanak Foundation  
(330) 659-3748  
Gurdwara Sahib of Bedford  
(440) 232-1702

Sree Venkateswara (Balaji) Hindu Temple  
(330) 576-5626

## Shikshaa Daan Invites you to Become a Volunteer

- You can tutor refugee children
- Mentor a student through Refugee Response
- Mentor high school students through Youth Opportunities Unlimited (Y.O.U.)
- Mentor a college student through College Now
- Tutor high school students through Minds Matter



Contact Sanjay Garg, shikshadaan.fica@gmail.com, 440-590-1261 to learn more

AND/OR Donate funds Shiksha Daan for expenses and a scholarship. To contribute funds, please send a check made out to “FICA – Shiksha Daan” to Shiksha Daan, C/O Vinod Nagpal, 18195 Brickmill Run, Strongsville OH 44136. project of FICA which is a 501(c)(3) registered organization. Shikshaa Daan is a project of FICA so contributions to Shiksha Daan are tax deductible.



## Calendar of Community Events

### FUTURE COMMUNITY EVENTS

#### September 17, KALA Art Show 1:00-6:00 p.m.

at the Eton Mall on Chagrin Blvd., Woodmere. Kala showcases talented artists from the Indian community in the greater Cleveland area. Admission is free. Artwork is available for purchase. Visit <http://www.kala.tiuconsulting.com/> for more details.

**Annual Asian Gathering, Indian Catholics of North East Ohio, Oct. 1, 2017, St. Clarence Church, 30106 Lorain Rd, North Olmsted, OH 44070**  
Email: [icneoh@gmail.com](mailto:icneoh@gmail.com) for more information.

#### October 8, 2017 Association of Asian Indian Women of North East Ohio (AAIWO) Retreat

The Association of Asian Indian Women of North East Ohio (AAIWO) will be hosting its annual retreat for Asian Indian women in Northeast Ohio.

This special event will be attended by many Indian women of Northeast Ohio. The retreat will be held in Hinckley and will feature many exciting events throughout the day including a mini yoga session, drumming, as well as other rejuvenating events. The cost is \$40 before September 25 and \$45 after.

Contact [aaiwoleve@gmail.com](mailto:aaiwoleve@gmail.com) to RSVP and for additional details.

#### Sept. 23, 2017, Ponnonam 2017, Kerala Association of Ohio

The Kerala Association of Ohio invites you with family and friends to a fun filled evening of cultural programs and a great Onam Sadya from 3 to 9 p.m. at Strongsville High School. Lunn Road, Strongsville, OH 44148.

For more details, call (216) 659-3995 or 440-879-6261 or go to the website: [www.kaoh.org](http://www.kaoh.org)

#### Gujarati Samaj of Greater Cleveland presents Navaratri 2017

Sept. 23, Sept. 30, October 7 (including Sharad Purnima garba), free entry and free parking. Neo Indoor Soccer Field, 6200 Pearl Road, Parma Heights, OH 44130 7 p.m. to 1 a.m. Contact Chinmay Vyas: 402-305-4884, Nirav Shah 216-313-6694.

#### Shiva Vishnu Temple, Navaratri Puja & Raas-Garba Festival 2017

Sept. 20 – Oct. 6. For details, contact Temple at 440-888-9433

#### Oct. 20, 2017, Marathi Comedy by the, North East Ohio Marathi Mandal "Sakhar Khallela Manus."

It is part of the Diwali events this year. Prominent Marathi artists Prashant Damale and Shubhangi Gokhale are part of this drama show.

#### 2017 Mushaira on Sunday, Oct. 29, 2017 at 4:00 PM at the Double Tree Hotel, Beachwood, Ohio.

Participating Poets: Abbas Tabish, Ahmad Salman Farooqi, Tahir Faraz Syed Salman Gilani

This event has been organized for 25+ years and is hosted by two associations:

Bazm e Adab Cleveland and Aligarh Muslim University Alumni Association, Cleveland.

#### On Oct. 14, one more workshop for Lantern making will be arranged for kids and adults.

Please visit the club website [www.neomm.org](http://www.neomm.org) for more information and to buy tickets.

#### Please send your community events and festivals to:

[lotus.ficacleland@gmail.com](mailto:lotus.ficacleland@gmail.com) so that they can be printed here



### ARIEL INTERNATIONAL CENTER - SKYLINE LAKE ROOM & ROOFTOP



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Email: [rr@arielventures.com](mailto:rr@arielventures.com) Address: 1163 E. 40th Street, Cleveland, OH 44114 [www.arielinternationalcenter.com](http://www.arielinternationalcenter.com)

