

# THE LOTUS

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



May, 2022

Since 1967

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Celebrate the  
**#CAF2022CLE**  
**Cleveland Asian Festival**  
Saturday, May 21, 2022  
& Sunday, May 22, 2022  
[www.ClevelandAsianFestival.org](http://www.ClevelandAsianFestival.org)  
No Pets / Masks Recommended



## #CAF2022CLE Cleveland Asian Festival

For the Best Showcase of Asian Food & Culture

Come Taste Authentic Asian Foods, Shop Local & Beyond in the World Marketplace. See Live Entertainment, Cultural Performances, and Martial Art Demonstrations. Visit the Free Health Screenings inside of Asia Plaza. Also, experience the Colors of Asia Fashion Show, the Asian-Pop Cover Dance Competition and the Egg Roll Eating Contest.

**Free Admission, Free Parking at E. 24th & Payne Avenue!**

Saturday & Sunday  
May 21 & 22, 2022  
11am - 7pm

E. 27th St. & Payne Ave.  
Cleveland, OH 44114

No Pets / Masks Recommended







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**Shri Kalaa Mandir affirms Bharatanatyam's storytelling prowess**

BY GANGA LAKSHMI SRINIVAS



Shri Kalaa Mandir and artistic director Guru Sujatha Srinivasan presented "Vivarta/Transformations" as one half of the "Worlds Allied" program at Cuyahoga Community College on Friday March 25th in a full auditorium. Vivarta traveled from the Big Bang to the current climate perturbations in a tight choreography that maintained the storyline. In the second half "FEAST: a ballet" merged visual art and ballet to explore colonial exploitation.

Can Bharatanatyam speak to the modern audience without losing its identity? This production answers with a resounding yes.



Guru Sujatha Srinivasan's choreography made full use of Bharatanatyam's vocabulary to convey the creation of heavenly bodies and evolution; and emotions of wonder, harmony and happiness, but also pride and covetousness which destroy the nurturing Earth. The deer and birds and elephants were the ones drawn to Krishna's flute. War scenes coalesced to depict relentless exploitation and eventual destruction. Guru Sujatha has crafted a fresh, powerful narrative to tell this very contemporary story of the consequence of heedless human manipulation of the environment, using Bharatanatyam's oft-used devices.

The music adapted from a production of the eminent violinists Lagudi GJR Krishnan and Lagudi GJR Vijayalakshmi was a perfect complement. An overlaid

narration by assistant choreographer Shriya Srinivasan took the audience forward without condescension. The production ended on the hopeful note we need now, of redemption through reconciliation to resolve issues and build collaboratively.



Did I mention that the troupe did not compromise an ounce of their tradition? The talented cast included Shriya Srinivasan, Nithya Kasibhatla, Sita Vakkalanka, Janaki Nair, Pooja Vallampati, Sudhiksha Ramesh, Sneha Upadhyayula, Yuvha Karthikeyan and Sristi Ithychanda. Shri Kalaa Mandir's senior dancers cleaved to the Vazhuvoor tradition of their Guru. Their movements are infused with the music, and their abhinayam is beguiling. Since the senior dancers are also accomplished scientists living in different states, this harmonious production is a tribute as much to their dedicated hard work as to their training.



**Lotus Ad Rates 2022**

Quarterly (Each Quarter)	Yearly (4 Quarters consecutive)	Maximus Ad Size <u>WXHt</u>
\$25	\$75	1 col wide 2"X1"
\$50	\$150	one sixteenth 4.5"X2"
\$75	\$250	one eighth 4.5"X3.5
\$125	\$400	quarter page 5"X6"
\$200	\$700	half page 10"X6"
\$400	\$1,500	one page 10"X13"

**FICA Sister Organizations**

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

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

Bengali Cultural Society  
www.bcscl.org | Soumitra Ghosh

Ekal Vidyalaya Foundation  
Sreedhar Nair

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

Guru Gobind Singh Sikh Society www.clevelandgurudwara.org

Guru Nanak Foundation  
www.gurunakfoundationrichfield.com

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

Indian Christian Association, Michael Sreshta

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

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

Kerala Association of Ohio  
www.kaoh.org | JayaKumar

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

Marwari Association | Sushila Mohanka

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

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

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Telugu\_Mitra@yahoo.com | Prasad Muvva

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

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

NEO Sri Lankan Association (NEOSLA)  
Cleveland\_Lankans@yahoo.com



## Medical YATRA- Vision 2023

Giant Leap Forward...

from Primary Care to Cardiac & Cancer Care. Ramesh Shah

"I have learned first-hand that high-tech solutions aren't necessarily the best way to solve medical problems in low-resource countries. Often simple low-tech solutions, such as cryotherapy for pre-malignant cervical lesions, work more efficiently and effectively."

Dr. Patricia Gordon-Harvard MD –CNN Hero 202

### Prologue

When AIPNO stepped into Medical Mission in India to help poor, underprivileged rural, tribal folks, Medical YATRA has ONLY role model of BIDADA Sarvodaya Trust from Kutch, Guj. Their mission was primarily geared to Primary Care-Internal Medicine, Pediatrics and Ob/Gyn- with lots of FREE medicines. It does provide immediate relief to a lot of ailments such as: Cough, Cold, Diarrhea, Acidity, Flu, fever, Shoulder & Knee pain etc...- But NO long term health remedy & NO surgery.

### AIPNO YATRA Physicians continual quest for Sustainable Solutions

Along with Primary Care, Physicians started adding more care- Dental care & Eye Care-

Eye examinations involving FREE glasses and Cataract Surgeries.



In Shantiniketan, W. Bengal YATRA 2013, Dr. B. Prakrashi-Cardiologist- added Cardiac care with battery operated EKG machines. Dr. Gidwani used to buy 100 pap tests kits from Cleveland Clinic, shipping them to China for lab tests, and then depending upon results, local Ob/Gyn physician was supposed to follow up with the patients at risk. But there was NO feedback to YATRA physicians. There was a big VOID of follow up and complete satisfaction of Mission accomplishment. Also financial resources were limited until 2010.

### 1. "ibreast" digital device

In Bhopal, MP YATRA 2017, Dr. Dayaprasad introduced "ibreast" handheld digital device to check women breast for the lumps. It is radiation FREE, easy to handle, health care worker can operate, being used in 12 countries,, 98% accuracy, takes less than 15 mts. Medical YATRA has used this machine in 2020 in Punjab and now it is a regular part of Women Early Detection Mobile Van in S. Gujarat and Bengaluru, K



### 2. Prosthetic for Amputees:

In Vishakapatnam, AP, DR Murthy Vuppala and Dr. Nagula teamed up together to do a special camp for Amputees who can improve Mobility and his/her productivity by getting a "Jaipur Foot". Dr. Nagula worked very hard to get 200 prospective candidates transported from remote villages 30-40 miles away, & got their legs measurements. Dr. Vuppala got custom made foots by Ratna Nidhi Trust,

Mumbai and got them fitted in Vizag, AP. It is a heart breaking sight to see an amputee coming to the camp dragging on his/her butts and walking away straight with a million dollar smile.

### 3. Mobile Vans for Early Detection of Cancers

a .In 2016, RC-Bengaluru inspired AIPNO-Medical YATRA to join with them in Global Grant to provide Sharada Eye Rotary a Mobile Unit "Take Hospital to Patients' doors". Medical YATRA-Rotary has two-2- Mobile Vans; Ophthalmology for Eye Diseases Women Early Cancer Detection Unit



b. In 2021, Rotary Club of Chikhali Riverfront and Alipore Hospital aksed Medical YATRA to get involved in a Global Grant to provide them with Mobile Cancer Detection Unit so they can provide services at patients' doors. This Van has a capacity to Early Detect Cancer

- Breast Cancer
- Cervical Cancer
- Head & Neck Cancer
- Lung Cancer
- Prostate Cancer

This van has traveled 60 different location in 1st 5 mos. in Gujarat & Saurashtra.



### 4. Clinic in a Suitcase

This year 2022, Medical YATRA inspired and introduced Dr. Patricia Gordon's "Clinic in a Suitcase" program at Gram Seva Hospital, Kharel, Gujarat with professional support from Dr. Dhadwe-Ob/Gyn Physician & Trustee-. During Medical Camp, when Physician is

examining Woman patient for a potential early symptoms of Cervical Cancer, this suitcase has all equipment necessary for Examination, Lab testing and Cryogenic Gun to burn the tissues for pre-malignant cervical lesions...ALL in a suitcase. Goal is to train health care workers to do this work in the field without anesthesia and send patient home CANCER FREE in 1-2 hrs.

### 5. Surgeries

Uptil 2019 surgeries was a missing component in Medical YATRA.2019 RC-Gandevi invited Medical YATRA to join a Global Grant for 130 Surgeries-Hernia, Appendicitis, Gall Bladder, Mitral Valve, Cardiac, Knee Replacements, etc..- RC-Ludhiana, P. did Global Grant for 400 Surgeries.

### 6. ROTARY Global Grants & Funding

Since Jaya & I joined Rotary club in Cleveland, Medical YATRA financial resources took an exponential jump in \$. With support of 30 Rotary Clubs in India and 10 in USA + Rotary Foundation, Medical YATRA has invested \$1.5 million \$ in sustainable projects. Some of them are:

- Potable water for School Children
- Sanitary Pads machines
- Three vans in Gujarat
- Three vans in Bengaluru
- Dialysis Centers in Ludhiana & Jalandhar, P.
- Operation Theater in Jalandhar, P.

With all these programs added to Primary Care + FREE medicines, AIPNO-Medical YATRA has a lot to offer to the rural community and local Non-Profit Organization and Rotary Clubs. AIPNO-Medical YATRA with all new features is uniquely positioned to be a Premium Service entity and highly in demand.

Dr. M. Vuppala, Sailaja Kandala and Dr. S. Nagula are spearheading the planning efforts for Medical YATRA 2023 (Feb. 7-17,2023) in Tirupati, AP to make it multi services, highly productive and more successful ever. If Rotarians in Tirupati put all their time, talents and seed money support for Mobility Camp, Global Grant for Surgeries along with Medical YATRA 2023, it is conceivable that YATRA may be investing \$ 200,000 to \$300,000 in Tirupati Health Programs.

AIPNO-Medical YATRA started as a boutique efforts by a few compassionate physicians has grown to be an awesome adventure and journey. VISION 2023 is looking much brighter and highly impactful, leaving its footprints in India-our Motherland.



## Cleveland International Hall of Fame Induction

The 2022 CIHF induction ceremony will be held at Windows on the River on Tuesday June 7, 2022. at 5 with dinner and program at 6PM. TV3 anchor Russ Mitchell will be the MC.

Ramesh Shah-Inductee Of 2020 will be recognized.

### About the Cleveland International Hall of Fame

The Cleveland International Hall of Fame is a 501c3 non-profit that was established in 2010 to permanently recognize those individuals who have made a valuable and lasting contribution to our multicultural city and region and to inspire a new generation of leaders.



For tickets, tables, sponsorships, congratulatory messages in the collector's edition book or any questions, visit [www.clevelandpeople.com/cihf-2022p.htm](http://www.clevelandpeople.com/cihf-2022p.htm) or contact: Debbie Hanson Cell: 216-406-6594

## South Asians for Justice and Equity - Cleveland

### Let's Start With a Pop Quiz

- (1) How many people are eligible to vote in Ohio?
  - (2) How many people are registered to vote in Ohio?
  - (3) How many people actually voted in the 2020 Primary Elections in Ohio?
- (answers at the bottom)

South Asians for Justice and Equity (SAJE) was formed by a group of South Asians in the Cleveland community who believe it is imperative for our community to show our unequivocal support for ending the systemic racism that plagues American society. We have benefited greatly from the African American freedom movement and owe much to their efforts for our very presence in this country and the many privileges we've benefited from while here.

### What we have been doing:

- We organized 2 marches and we rallied together with 300 south Asians.
- We launched voter engagement and registration events.
- We signed petitions advocating for key issues.
- We raised money to buy face masks for the Cleveland Municipal School District.
- We reached out to our local candidates and learned about their platforms.
- We held a series of "Chai Chats" to reflect on our own biases and our aspirations.
- We partnered with local organizations (Harvest for Hunger, Case Western Reserve, Cleveland Clinic, Seeds of Literacy) to conduct community educational events.
- The seeds of our efforts have sprouted. A group of students at The Ohio State University started their own chapter of SAJE!

### Current Focus: South Asian Voter Education and Engagement.

We have starting by developing a short guide to help our local voters gain an understanding of the candidates and the issues that are on the ballot. Please note, we are not making any endorsements.

### SAJE: Primary Election 2022 Voter Guide

4. Taking 30 minutes and learn a little about your candidates. Primaries are a perfect opportunity to select a candidate whom you believe will bring more civility to the political races.
5. Voting early!
6. Helping a friend or a family member vote!

### LET'S START WITH THE BASICS.

When do I vote?



- May 3rd, 2022: Ohio Primary Elections
- November 8th, 2022: General Elections

### How can I vote?

- Registration for the May primary election has now passed.
- Check your voter registration status: [LINK](#)
- Can't vote in person? Request your absentee ballot here (by April 30, 2022) [LINK](#)
- You can also vote now in person! Early In-Person Voting is now open: Saturday, Sunday, and Mondays before the election. [LINK](#)
- Your local voting location. [LINK](#)
- What are my local issues?
- Curious if your community has issues on the primary election ballot? [FIND OUT HERE](#)

• Candidate Guide: Learn more about all the candidates running in the primary elections: [CLICK HERE](#). Please note, that we have only listed races where there is more than one candidate running in a primary election.

### Our next event:

- Voter Registration Training: May 14, 2022: NOVA (Northeast Ohio Voter Advocates) is holding a voter registration training on at the Brecksville Public Library from 10:00am - 12:00pm. This training will educate you on how to register people to vote.
- Cleveland Asian Festival - Volunteers Needed: May 21-22: We will be working with NOVA to help register people to vote at the 13th annual Cleveland Asian Festival which will be held on Saturday and Sunday. Each shift will be 2 hours (11:30-5:30) and they would like 2 people at their table for each shift. You must attend the Saturday, May 14 voter registration training to volunteer at this event and other NOVA events
- For more details contact: Jamie Bindra at [jpatel440@gmail.com](mailto:jpatel440@gmail.com)

### Answers to the Pop Quiz.

- How many people are eligible to vote in Ohio? (~8.9MM)
- How many people are registered to vote in Ohio? (~8.1 MM)
- How many people actually voted in the 2020 Primary Elections in Ohio? (~1.8MM or ~21% of eligible voters)

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





## Association of Indian Physicians of Northern Ohio (AIPNO) Gala

The 38th Annual Gala and 30th Fundraiser “Chiraag” along with the 9th Research Showcase for the Association of Indian Physicians of Northern Ohio (AIPNO) was held at the Renaissance hotel in Cleveland Downtown on October 30th, 2021.



The event kicked off with the lamp lighting and invocation performed by Ms. Antara Datta, which has been a long-standing tradition, followed by the American and Indian national Anthem. Dr. Beejadi Mukunda, Chair, Board of trustees gave the welcome remarks from Dr. Dharmesh Mehta, who is the AIPNO President and Chief of Staff- Elect at Euclid Hospital provided an overview of all the work done throughout the year. Dr Mehta has many years of dedicated service to AIPNO behind him. His Presidential speech followed by an address by the incoming President, Dr. Vinni Makin who is the Regional Director for the East side at the Cleveland Clinic Endocrinology and Metabolism Institute. The keynote address was delivered by Dr. Kiran Patel, community leader, philanthropist and entrepreneur who has made it his life’s work to advance healthcare facilities to the poor and needy globally. Senator Niraj J. Antani, of the 6th US district also addressed the audience and showed his appreciation for the dedication of medical professionals during the hard times of COVID. Mr. Gary Robinson, the CEO of the CDC and the presenting sponsor for the gala also spoke to the audience about his long association with AIPNO. The Physician of the Year Award was presented to Dr. Ravi Krishnan for his exemplary work in internal medicine as part of the Medical Executive Committee at Hillcrest Hospital. The Lifetime Achievement Award was presented to Dr. Raj Shekhar, who has been one of the foundational cornerstones of this noble organization. Furthermore, the research keynote address was given by Dr. John Langell, MD, PhD, MPH, MBA, who is the current president of NEOMED. The past Presidential Award was awarded to Dr. Rupesh Raina for his incredible work in moving AIPNO forward in 2020. Dr. Raina is also a member of the Board of Trustees for the Federation of Indian Community Associations (FICA) of North East Ohio. The beneficiaries for the fundraiser were Facing History and Ourselves and Akron Children’s Hospital, both of who were grateful for the generous support.

The event was made possible by the diligence of AIPNO leadership,

members, and the generous contributions of many sponsors and it was very well attended by medical students, medical residents in training, academic faculty, researchers, allied health professionals, hospital executives, donors and community leaders like Mr. Sudarshan Sathe, Chair, Board of Trustees for FICA. AIPNO continues to stay true to its mission by focusing on education, community service, philanthropy and research.

### About AIPNO

AIPNO is a nonprofit charitable organization founded in 1983 by visionary Indian physicians with the purpose of giving back to society. AIPNO has more than 400 multi-specialty members geared toward enhancing the quality of health care by fostering excellence and professionalism in the practice of medicine and supporting efforts to improve the availability of health care in under-served population in local and international communities.



### IGNITE YOUR FAITH AGÂPE WOMEN’S BIBLE STUDY

When: Tuesdays, 9.30 am to 11am.

Where: Saint Paschal Baylon Church, 5384 Wilson Mills Rd, Highland Heights, OH 44143. Sister Dorothy Kazel Room – Parish Offices – Saint Ann Shrine North Wing

Leader: Anita Reddi-Chatterjee (achatterjee981@gmail.com)



Unpack the saving grace of the Word of God, the Holy Bible, our bread of Life. Join your sisters in the Body of Christ, to re-connect, dive-deeper, be nourished by fellowship, fun, laughter, by the transforming power of the Word of God. Let the Holy Spirit renew, refresh and fortify us with Faith, Love, Wisdom, Knowledge, Understanding, Peace, Hope and ever more Joy! Bring your Roman Catholic Bible. All are welcome.







# “Darshana,” the Traveling Exhibition of Hindu Civilization Embraced in Cleveland

**Hindu Swamsevaka Sangh USA Inc**  
A Non Profit Organization

**“Darshana,” the Traveling Exhibition of Hindu Civilization Embraced in Cleveland**

**Cleveland, Saturday, April 9, 2022.** US-based Dharmic organizations, practicing the four core Indic religions – Hinduism, Buddhism, Jainism, and Sikhism – and myriad Indic philosophies, held a traveling exhibition titled **“Darshana – A Glimpse into the Hindu Civilization.”** The Hindu Swamsevaka Sangh (HSS, USA) initiated the development of this exhibition, which intends to present a glimpse into the developments in and contributions to the modern world of the ancient Hindu society, one of the oldest living civilizations in the world. In addition, it also aims to spread awareness of the ancient Hindu civilization and its contributions to modern society across the cities in the US.

The exhibition was inaugurated on the auspicious occasion of Ram Navmi on Saturday, April 9, 2022, at Solon Library by Solon city mayor Mr. Edward Kraus in the presence of many community members and hundreds of people from local communities who attended the exhibition. It featured vivid-yet-succinct poster displays on 24 different topics related to Yoga, Ayurveda, Dharma, and the traditional attire in ancient India. In addition, it prominently highlighted ancient India’s contribution to the world of mathematics, architecture, arts, and sciences and their present-day positive impact on the world. Local children aged 5 through 15 eloquently presented the content in these posters. These posters will undoubtedly inspire an appreciation for and a deeper study of these topics in the larger American community. In addition, these displays also provide a deep dive into the fascinating aspects of Hindu Dharma (traditions, divinity, temples, scriptures, spiritual paths, dharma, and Sewa, i.e., service), its culture (festivals, temples, symbols, etc.), and its contributions (yoga, science, architecture). This exhibition is for people of all ages and all walks of life, and it hopes to foster an open-minded environment of mutual respect and inspiration. Several organizations, including Vishwa Hindu Parishad of America, EKAL USA, Sewa USA, Indica, Chinmaya Mission, Hindu University America, and other scholars, contributed to the content presented in these 24 posters.

“America’s strength is not its materialistic prosperity but its cultural diversity,” said Mayor Kraus while making his inaugural remarks. He also challenged the supposed dogma of the melting pot, which suggests that people need to shed their faith and culture in order to create a harmonious society. Instead, Mayor Kraus inspired the visitors to cultivate and express their culture and faith. “Our cultural roots and faith make us who we are, and we should be proudly expressing and sharing it with the public with full confidence. The Hindu civilization is eternal and such exhibitions in a foreign land by the Hindu community not only provide an opportunity to non-Hindus to learn about Hinduism but also give an assurance that this eternal Dharmic journey will continue. The Hindu culture has contributed

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**HSSUS.ORG**




**Hindu Swamsevaka Sangh USA Inc**  
A Non Profit Organization

much to shape America on different fronts of art, culture, spirituality, science, and economy. Sharing our cultural values with people of other faith and cultures provides an opportunity to identify our commonalities and learn from each other,” added Mayor Kraus. Mayor Kraus gave an example of how his Jewish faith has concepts that are similar to those in Hinduism. These include seeing divinity in all living beings and respecting each other. In the end, Mayor Kraus thanked the entire Hindu Community in Solon for inviting him to inaugurate the exhibition and learn about the Hindu faith, traditions, and culture. “It was the children who brought to life the rich Hindu heritage by their presentations touching on all aspects of Hindu life during the exhibition,” emphasized Mayor Kraus.

“This exhibition is an effort to showcase not only the time-proven principles and techniques known for revealing the true nature of oneself but also the Hindu civilization’s contributions to all aspects of life,” said the Cleveland exhibition coordinator Samridhi Jain during her opening remarks. She further added “this exhibition is a portrayal of ‘Hinduness’, which is uniquely defined as ‘a way of life,’ a product of the Hindu Civilization, born and nurtured in the womb of the Indian subcontinent for over 5000 years. Over the past two centuries, the Western world, including the United States, has been increasingly introduced to Hindu principles and practices, such as Yoga, meditation, vegetarianism, and Ayurveda, the science of holistic medicine. These ancient Hindu customs are now widely accepted and practiced in the US and worldwide. Underlying all of this prolific and organic growth in every realm of material and philosophical pursuits of mankind is the fertile substratum of ‘Hinduness’,” said Samridhi Jain. As Hindus, it is our sociocultural responsibility to share the wisdom of this civilization with our fellow citizens in American society. This exhibition provides an opportunity to deepen awareness of Hindu culture and its contributions to society, creating an environment of harmony and coexistence while pursuing Universal Oneness,” added Samridhi Jain.

The HSS Cleveland chapter general secretary gave an overview of past social activities conducted by the Cleveland Chapter. He also extended his thanks to all the participating organizations at the local chapter level during his thanksgiving remarks. He further elaborated on how hundreds of hours of research had been invested in developing the content in the 24 posters on display. He also highlighted that a focus group consisting of Indian-American teenagers and young adults provided invaluable feedback that helped refine the content and enhance the aesthetic quality of these posters. In addition, the local Hindu temples and larger Hindu communities have made enormous contributions to the promotion and display of this exhibition. He also highlighted that this time around, the Hindu new year, April 2, 2022, had been earmarked for the formal launch of the Darshana exhibition. Darshana is expected to continue engaging the community and interfaith leaders, law enforcement officials, local media, officers of Diversity, Equity, and Inclusion groups, and educators, among others, to grace the occasion and spread the awareness of Hindu civilization in America.

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There were several dignitaries attended the exhibition, including but not limited to Solon High School Principal Erin Short, India International Editor-Prakash Sinha, and HSS Ohio State president Sitaram Koppaka. Sushila Mohanka from Marwari Association along with Vaibhav Agarwal, Sreedhar Nair from Ekal Vidyalaya, Ramneek Kaur from the Sikh community, Smita-Harish Ji from Swadhyay Pariwar, Alex a Hemal Ji from Art of Living, Dr. Homai Cupala from Parsi community, Padma Jambunath from Sewa International, Rajlaxmi Ji from Yoga for Nirwana, Dr. Alka Srivastava from Hindustani Mehfil, Vikranth Mallikarjun from Case Hinduism Club, Meenal Prabhu from ISKCON foundation

Sincerely,  
Samridhi Jain  
216-269-3545  
Clevelandhss@gmail.com  
Cleveland Chapter Coordinator, Hindu Swamsevaka Sangh USA, Inc.







### Saffron Patch - Meet Our New Management Team



Nestled in the heart of Cleveland suburbs, Saffron Patch is an artisanal Indian restaurant now managed by Mrs. Madhavi Patel and Dr Kailash Kedia. Spanning two locations at **Shaker Heights (20126 Chagrin Blvd, Shaker Heights, OH 44122)** and **North Olmsted (5106 Great Northern Shop Center, North Olmsted, OH 44070)**, our guests are taken on a journey through India, with each delicacy characterized by unique, modern twists on traditional flavors. The restaurants' vibrant menu proudly adopts local produce, ensuring maximal freshness and seasonality. Saffron Patch is designed for indulging the senses over leisurely conversation and enticing plates during spirited evenings with exotic cocktails.

Made to order from scratch, the food here tastes fresh and compelling, not one dimensional. Dishes are packed with the flavors of Indian spices. Nearly every bite nails that delicate balance of sweet and sour, salty and bitter, spicy and pungent.

Serving authentic Indian cuisine since 1991, Saffron Patch savors great food and ambiance. Right from the time you step in, the fragrant aromas will fill your senses. The clay oven gets much of the credit for the restaurant's good scents with the searing of items cooked in Tandoor over mesquite coals. The large, well-varied menu also includes fresh seafood cooked with garlic herbs, spices, tomatoes and olive oil tossed in an Indian wok.

Providing authentic Indian cuisine in an elegant and upscale setting, Saffron Patch invites guests of all ages to indulge in an assortment of flavors. Vegetarians and Vegans are certainly not left out at Saffron Patch, with a majority of the menu items including authentic vegetarian fare that is an important part of India's culture. Regular customers Hunter and Melissa Gatt love the Lamb Korma and state that, "We are here every week. Our kids love the food. The food and service both are amazing, and we recommend this restaurant to everyone we know".

Our new management also owns and caters at **Lotus Banquets (5106 Great Northern Plaza South, North Olmsted, OH 44070)** right adjacent to our restaurant. A newly renovated banquet hall with a modern look and feel for all of your event needs. The venue can accommodate up to 325 people comfortably so that you can dream up your perfect event and leave the rest to them.

Eat, Drink and Relax at any of the two locations that will keep you wanting for more !!! We are also available on all delivery platforms (UberEats, DoorDash, GrubHub). We provide full catering services for events of all sizes.

#### Hours of Operation (Dine In and Pick Up)

##### Shaker Heights

Mon - Fri – 11:30 AM to 9:30 PM, Sat – 12:00 pm to 9:30 pm Sun – 12:00 pm to 8:00 pm.

##### North Olmsted (Dine In and Pick Up)

Mon - Thu – 2:00 PM to 9:00 PM, Fri - Sun – 11:30 AM to 10:00 PM. Weekend Brunch Buffet with Live Station – 11:30 AM to 2:45 PM

#### Contact Information

Reservations and Online Ordering (North Olmsted): <https://www.saffronpatchwest.com> OR Call (440)-734-1500

Reservations and Online Ordering (Shaker Heights): Call (216)-295-0400

Catering: Call (216)-438-7426

For Lotus Banquet Reservation and Inquiries contact: Call (216)-438-7426

All General Inquiries: [media@thesaffronpatch.com](mailto:media@thesaffronpatch.com)



#### SELF CARE TIP:

##### Five Minutes of Movement

One of the best mood elevators and stress relievers is exercise. Getting enough regular movement can help you to feel more balanced, stronger, and happier. For most, the recommended amount of exercise is 150 minutes of moderate aerobic activity per week. In moments of stress, even five minutes of movement can help you to loosen

up, get your heartrate up, and improve your mood.

##### Here are a few suggestions:

- Getting outside for a quick walk in the fresh air
- Putting on your favorite song and dancing like no one's watching
- Running around outside with your kid(s) or your dog(s), if you

have them

- Mixing it up with a few jumping exercises: jump rope, jumping jacks, burpees, jumping lunges, jump squats

All five exercises put together total just 15 minutes each day. Your self-care is worth it!

#### Tip: Healthy Eating for National Nutrition Month



*Calm inflammation with healthy foods. Foods that have been shown to help with inflammation include: berries and cherries, leafy green vegetables, whole grains, ginger, dark chocolate, turmeric, green tea, fermented foods, walnuts and flax, and broccoli sprouts.*





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