

# THE LOTUS

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



July 2023 - September 2023

Since 1967

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## Friday, November 3rd

6 PM Onwards

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## Venue Changed

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For more info contact:-  
Ritu Mahna (President):  
216-577-3210  
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[socialmedia.ficacleveland@gmail.com](mailto:socialmedia.ficacleveland@gmail.com)



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## The Lotus team introductions - The New Team - Lotus

### Deepa Rao, Editor-in-Chief

I live in Olmsted Township, OH with my husband, my mother-in-law, and my 10-year-old daughter Anika Rao. I have been in the software industry for the past 20 + years. We moved to Cleveland from San Antonio Texas 9 years back. In my spare time, I love to volunteer with non-profit organizations. I am the current president of Kasturi Kannada Sangha (KKS), Treasurer of Northeast Ohio Women in Technology (NEOWIT), Indian Ambassador - of Cleveland People, Member- of the Association of Asian Indian Women in Ohio (AAIWO), HOA Board Member Evan Miller Trail Community (EMT) and Key Communicator in Olmsted Falls School District. It's my privilege and honor to be a part of the Lotus FICA which has been serving Cleveland Communities for the past 56 years. I am an avid reader and if I don't have anything I love to read. Looking forward to working and serving all the communities in and around Cleveland..



### Sangita Bafna, Managing Editor

My name is Sangita Bafna. I'm the past editor of Lotus. I've been a member of FICA for the last 30 years. My background is in marketing and communications. I'm looking forward to working with Deepa Rao and the new Lotus team!



### Mrs. Tanmayee Dixit, Managing Editor

Hi my name is Tanmayee Dixit. I currently live in Gates Mills with my husband Sandeep and mother-in-law Meena. We have been on the East side for the last 20 years and have lived in Lakewood for 10 years prior. So I love both, the East and West sides of Cleveland and therefore incapable of taking any sides. We raised our two kids, Uma and Kunal, let our dog Judo rule us while he was with us here in Cleveland, and made Cleveland our home. I love to meet new people and my idea of a great afternoon is to be surrounded by friends, drinking tea, and chit-chatting on a wide spectrum of topics ranging from silly to essential and anything in between. I am an IT consultant by profession and have been one for 20+ years. I look forward to connecting with the readers and working with this lovely LOTUS editorial team



### Santosh Bhandari, Managing Editor

Hello!

My name is Santosh Bhandari, mom to 2 handsome boys Tanay (aged 13) & Viaan (10 years). I live with my husband and kids in Twinsburg and have been in Cleveland for 17 years. We as a family like taking trips and love trying different foods with ice cream being our all-time favorite food.

I am a fun-loving, creative person and an artist by passion. Professionally, I have a degree in graphic design with a recent certification in Data Science and am looking for a job in the field of analytics. Excited to be a part of FICA's Lotus team.



### Mrs. Pushpalatha Venkataraman, Managing Editor

Hi All I am Pushpalatha Venkataraman, currently residing in Solon, OH.

Married to Dr. Naveen Uli, a Pediatric Endocrinologist, proud mother of Dr. Nishanth Uli, and Amala Uli a chemical engineer. Working as a physician assistant in Psychiatry, interested in being part of the community programs.

Likes music, craftwork, painting, traveling, and making friends from different communities and of different ages. Excited to be a part of FICA's Lotus team



## AAIWO Helpline Contact Number - 440-218-6965

*Helpline can be used in situations of domestic abuse, financial distress, and navigating immigration law challenges.*

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## 77th One World Day. Happy Independence Day - India celebrates its 77th Independence Day on August 27th, 2023, at India Cultural Gardens

It was a pleasant day an unusual for August weather in Cleveland. It was a perfect day to celebrate 77th One World Day. Cleveland Cultural Gardens celebrated 77th OWD on August 27th, 2023. This year's OWD broke the records for attendance and participation. OWD has been the official event of the Cleveland Cultural Gardens Federation since 1946. This year theme was Unity in Diversity and special gathering from Cleveland Moms for Parade of the flags – Saree Walk. Many ladies draped in beautiful and elegant saree walked the parade with pride and enthusiasm. Mrs. Sumita Kedia current president of ICG and her team worked tirelessly for months for this event. Kudos to her and ICG team for record breaking gathering and participation from different communities and associations across Cleveland. We all gathered in unity showcasing our rich culture and diversity.

People walked the Parade -The Parade of the flags with Saree and traditional ethnic dresses and shouted slogans "Vande Mataram". With Unity and Diversity Banner and Cleveland Moms Banner and celebrating the success with pride and vigor the Chandrayaan-3 Banner showcasing the pride and happiness among all of us. The parade ended with flash mob from Cleveland Moms group. Ladies danced to popular Bollywood dance numbers "Desi girl" and other Bollywood songs

and cheered the surrounding crowd. After the formal ceremonies from the FICA President and Board members, a series of cultural programs showcasing different ethnicities and cultures were presented.

This year many associations got a board showcasing the significance of their states. Visitors to the India Cultural Garden were reading through the board understanding and knowing about different states of India and the diversity of India. "Saffron Patch" food truck catered sumptuous and delicious food for the hungry crowd. Rangoli was done in front of the Mahatma Gandhi statute and flowers were decorated all over the gardens giving a celebration feeling. Seeing so many Indians gather in one place to celebrate our Independence Day made my soul feel so proud and happy.







## Sudharshan Sathe Chairman of the Board of Trustees FICA - Message



Sudharshan Sathe Chairman of the Board of Trustees FICA - Message – On Sunday, August 27th, Federation of Indi's Community Associations (FICA) and India Cultural Garden (ICG) celebrated One World Day and India's 77th Independence Day together. One World Day is where all the ethnicities of Cleveland join a giant parade in their respective traditional dress and music and carry out a jubilant procession through Cleveland Cultural Gardens on Martin Luther King Drive. The setting was apt, because India, the 2023 host of G-20 was celebrating the gathering of world leaders under the banner of Vasudhaiva Kutumbakam, or "The World is Just One Family".

Our Indian Contingent's numbers, costumes, pride in our identity, and wonderful slogans of Jai Hind! And Bharat Mata ki Jai! Rang through the street of Cleveland. At the conclusion of the parade, there was the unfurling of Indian and American flags accompanied by the renderings of "Oh Say Can You See" and "Jan Gana mana". The event was an unalloyed

success!

Warm felicitations to Sumita Kedia, whose tireless leadership with very able support from Ritu Mahna and her team, contributed to assembling the largest ever, and may I say, the most boisterously delightful event at One World Day! The fact that we celebrated our Independence Day along with it only added to the festive mood. Thanks to Shaifali for leading the parade with the Indian contingent signage. Thank you, Kalpesh, for having tried to maintain order.

Kudos to sister organizations for your presence and help. Cleveland Moms, their presence and flashmob performance were an unanticipated pleasure. Moms, we need you every year. Mona ji, so impressed with your energetic participation, you make BOT proud. Swati Sathe, Tanmayee Dixit, and Michael Shrestha, awesome job with both the National Anthems. Of all the contributors, if I haven't mentioned you, it's my shortcoming. Congratulations to the Indian community for a job well done!

## Project Seva's Blanket Drive

It's that time of the year again! Autumn is upon us...we are surrounded by beautiful hues of red, yellow and green leaves. Warmth of the summer is fading, and coolness is in the air. Winter will be upon us in couple of months. This is when the \*Project Seva\* team gathers and starts preparing for their \*ANNUAL BLANKET DRIVE\* for the homeless shelters around the Cleveland / Akron area.

\*Project Seva\*, an arm of FICA, is involved with nothing but humanitarian work for the Cleveland community at large. \*We are a small but mighty organization that provides blankets, hygiene packages and meals for 17-20 shelters around Cleveland and Akron areas. \*When our basic necessities food, clothes and shelter) of life are fulfilled, anything extra is a blessing beyond measure. At that point, it's our responsibility to "pay it forward."

Today we request you to open your hearts and donate towards our blanket drive...\$10 buys one blanket for a homeless shelter / person. \*No donation is too small or too big. Because we're a volunteer organization, 100% of your donation goes towards the cause... blankets, meals and/or hygiene products \*

Please contact any of our committee members for your contribution to this worthy cause OR you can make a digital payment using our QR code.



You can also visit the donation page on <https://www.ficacleveland.org> and at top right corner of the website please click on "Donate with PayPal" and from drop down menu, "Use this Donation for Project Seva".

For any questions, feel free to contact any of our committee members.

Thank you always for your support!

\*The Project Seva Team\*

\*Meet our team....\* Sangita Bafna - Chair Utkarsh Hazarnis- Co-Chair Chitra Mishra- Secretary Ketki Shah - Treasurer Past Chair- Harsha Rane \*Advisory Board:\* Mona Alag, Satish Parikh \*Members at large\*: Ameet Bathiya (FICA representative) Gauri Masurekar, Mona Bhatia, Nipa Turakia, Seema Sharma, Sunita Vijayvargiya, Swati Desai.



## RECIPE - Homemade Blueberry Jam

BY MRS SUSHMA LOHIT

***This delicious homemade Jam is made with fresh blueberries and sugar. Beautiful dark color with a sweet, tangy, and perfectly spreadable homemade blueberry Jam!***

### Ingredients

- Blueberry fresh or frozen: 5 cups
- Sugar: 1 cup or more as needed
- Cornstarch: 1 tbsp
- Cinnamon powder (optional): 1 tsp

### Method

- Rinse blueberries with water and pat them on a towel to dry.
- In a large bowl, add washed berries and sugar, and mix until well combined. Set aside for 15 minutes.
- Transfer to a pan and add berries. Bring to a full rolling boil over high heat, stirring constantly.
- Stir in cornstarch and cinnamon powder. Return to a full rolling boil, stirring constantly.
- Reduce the heat and simmer for 15 minutes, covering the lid or until thick, stirring in between.

Once cool, refrigerate for up to 3 weeks or freeze for up to 12 months.







# India Cultural Garden – Clean up done by many Cleveland Volunteers

The most prominent feature of our garden is the statue of Mahatma Gandhi standing tall amidst the green tree canopy. ON either side of the Gandhi Statue are six pillars that depict different aspects of Indian Heritage. Six Heritage Pillars

- **Universal Brotherhood** – Inscriptions include ancient text stating that the whole world is one family.
- **Legacy** -India’s contributions to humanity.
- **Artistic Traditions** – India’s visual and performing arts traditions and major artists.
- **Leadership** – Major leaders in both ancient and modern India.
- **Modern India** – Status of modern India and Indian diaspora in America.
- **Connections** – Historical connections between India and America.

### Water feature:

The India Garden borders Doan Brook and steps leading to Doan Brook are reminiscent of steps (known as ghats) leading to rivers—a common sight in India.



### Other:

Inscriptions on the walkway at the entrance to the garden say “welcome” in 15 of India’s major languages as well as English. All heritage pillars depict a lotus flower in relief. The lotus is the national flower of India.

### Plantings:

An eastern redbud was planted at the India Garden in 2008 by Prof. Rajmohan Gandhi, the grandson of the Mahatma Reference: <https://clevelandculturalgardens.org/gardens/india-garden/>

Few months back many associations and organizations with their volunteers cleaned the ICG. We need to maintain our garden with regular cleaning and planting the flowers. During fall we need to clean the foliage. We request volunteers and groups to coordinate and contact Mrs. Sumita Kedia ICG president to clean up the gardens. For kids ICG would give credits for their volunteer work.

Mahatma Gandhi’s Statue has a crack, and we are requesting people to donate money so we can get that fixed. Please contact Mrs. Sumita Kedia if you are interested in donating to this noble cause.



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## Children Talent Day

By Mrs. CHITKALA AKELLA

CTD is NEOTA's favorite event where Children are recognized for their Educational, Creative, and Flare of delivering Speech skills with a spark of fun like dressing in the character when they deliver the speech.

As Cultural Secretary for NEOTA, I believe "The category of the topics is listed to encourage awareness towards their Bharat lineage of People who

have been successful in their field understanding their Telugu Cultural Origins." We received a diverse response for the event where kids got with them a diverse category of creativity in Art drawings, Speech orientation, and Essay wording. You can view the CTD event and other NEOTA events at NEOTA YouTube Channel - NEOTA Children Talent Day - June 24th, 2023



## Cricket



Our next event we congratulated the members of the community for **Mens Cricket Tournament** widely supported by our sports fans. It was held in July 2023 at NEOTA recognized locations. We were hosted with 20 Teams to participate with strict guided rules of Cricket, Decision Umpires and EB NEOTA. The winners of the season were

**ICC Allstars** and Runners up winner were **Friends CC**

We are a Non Profit Association and funded by our esteemed members and community vendor partners. NEOTA will be hosting Annamacharya Aradhana Classical events and also Sports & Picnic with Badminton & VolleyBall Tournaments in months of August & September. Please follow our latest events and connect with us on our website Neota.org and YouTube Channel.



इकरथे Celebrating Devi



Vignesh Ishwar *Vocal*  
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Sumesh Narayanan *Mridangam*  
Anirudh Athreya *Kanjira*

On October 15 (Sunday) | From 4pm  
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Tickets: Regular \$20 | Students (Under 15) \$10

Contact: Ranjani: (330) 212-8960 | Venkat Polaconda: (216) 965-1064

Presented by VVS Foundation USA & SaMaa Arts LLC, USA  
Supported by: Ragapriya School of Carnatic Music







*Yoga Day - Sewa*



*NEOMM 2023 picnic*



*Community Leaders Meeting held at Shiva-Vishnu Temple on 27th September, organized by FICA*







## The heart disease conundrum among South Asians

BY DR. NAVEEN ULI



South Asians (individuals from India, Pakistan, Bangladesh, Nepal, Bhutan, Sri Lanka, and Maldives) make up a quarter of the world's population and are one of the fastest-growing ethnic groups in the United States. They however account for 60% of the world's population of atherosclerotic

cardiovascular disease (ASCVD), which includes heart attacks and strokes.

The increased risk of ASCVD in South Asians was first reported in Singapore in 1959. Since then, similar findings have been reported in South Africa, Trinidad, the United Kingdom, the United States, and Canada. Accumulating health data from the US and other nations have documented a higher prevalence of heart disease risk factors in South Asians, including truncal obesity, type 2 diabetes, high blood pressure, high cholesterol, chronic kidney disease, tissue inflammation, and clotting risk. In the US, South Asians have higher proportional mortality rates (PMR) from cardiovascular disease than non-Hispanic whites as well as all other Asian American subgroups (Chinese, Korean, Japanese, Vietnamese, and Filipino).

There are many biological factors that predispose South Asians to heart disease and stroke. Compared to the US white population, South Asians have twice the prevalence of type 2 diabetes, which leads to a 2-3-fold increased risk for cardiovascular death. A sobering statistic is that by 2030, approximately 120 million individuals in South Asia are projected to have diabetes. Compared to other US subgroups, South Asians have lower body weight, waist circumference, and body mass index (BMI) and yet have higher amounts of abdominal visceral fat (around the liver and other organs) which increase the risk for diabetes and heart disease. Studies of quantitative angiography in the US have shown that South Asians have narrower coronary arteries compared to Caucasians, predisposing them to blockage of these arteries. People of South Asian descent living in Western societies have a characteristic lipid profile that includes high triglycerides and low HDL ("good") cholesterol and contributes to heart disease risk. Technological advances in the field of population genetics over the past 2 decades have shown that genetic variants that are more common among South Asians may also contribute to their health risks for diabetes and heart disease. However, biological factors alone cannot fully account for the degree of elevation of risk for cardiovascular disease in South Asians.

The Mediators of Atherosclerosis in South Asians Living in America (MASALA) study is the first and ongoing study of heart disease in South Asians in the US, with the idea that information generated might guide specific approaches to treat and prevent heart disease in this population. In addition to the biological mechanisms of heart disease detailed above, the MASALA study is also trying to tease out unique cultural and behavioral factors that might be at play in this population. A major finding from this study is that the typical South Asian diet is high in the content of carbohydrates and saturated fat, while also lacking in lean protein. In addition, South Asians have low physical activity compared to other ethnic/ racial minorities in the US. Although overall tobacco use is less among South Asian men and women in the US, some sections of this population use culturally specific tobacco products, including smoked (beedi and hookah) and non-smoked (paan, gutkha, zarda) products. Findings from the study are already being utilized to implement community strategies in many geographic areas in the US.

For more information on this topic, please click on the links below.

<https://www.ahajournals.org/doi/epdf/10.1161/CIR.0000000000000580>

<https://www.masalastudy.org/>

**Dr. Naveen K. Uli, MD**  
**Medical Director, Center for Diabetes and Endocrinology; Pediatric Endocrinologist, Akron Children's Hospital**



## RECIPE OF THE SEASON - Mango Pickle

BY MRS. PRAMILA RAO, OLMSTED TOWNSHIP OH

### Ingredients:

- Raw Mangoes – 12 (It should be hard as stone)
- Methi / Fenugreek – 21/2 tbsp
- Salt – 1 Cup
- Red Chillies – 20 Bydagi and 20 Guntur (Chillies can be based on your spice requirement)
- Mustard – 3 tbsp
- Turmeric – 1 tbsp

### Instructions

- Cut mangos and keep adding salt layer by layer. (Cut mangos + salt again cut mangoes + salt)
- Keep it aside for 3 days. Do not touch.

### 4th Day

- Fry Methi seeds golden brown
- Mix Methi, Mustard, and chillis and grind it to make a fine powder.
- Mix the powder and mangoes in a dry vessel.

- Make it sit for at least 15 days, so the mango absorbs all the spices.
- Keep it in the refrigerator.
- When you want it, add it to a small jar, add tadka (Oil, Hing, Turmeric, and Mustard), and serve..



## HELPING HANDS

A project of FICA

### MISSION STATEMENT

Helping Hands supports South Asians who are trying to break the cycle of domestic and sexual violence and take back control of their lives. We recognize that immigrant survivors of gender violence in the United States face unique challenges, including limited access to medical, legal, social, protective and support services. We provide personalized, confidential support to empower individuals by connecting them with local counseling, advocacy and crisis intervention services.

### SERVICES

- DOMESTIC VIOLENCE
- SENIOR SERVICES
- AANGAN

### Our Team

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 Swati Sathe – Secretary  
 Sumita Kedia – Treasurer  
 Mala Garg  
 Gunya Bafna  
 Mona Alag  
 Dr. Jaya Shah  
 Dr. Gita Gidwani  
 Jasvir Sahota

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 SWATI SATHE (440) 796 5950  
 GUNIYA BAFNA (216) 832 4646  
<https://www.helpinghandsneo.org/>







## Cleveland People

By DAN HANSON

For over 15 years ClevelandPeople.com has been promoting and covering the events of the 120 ethnic groups in Cleveland including, of course, the Indian community. It's been an honor and we have learned so much.

We were there for numerous Republic Day celebrations as well as events for Independence Day, Deepavali, Holi, Yugadi, and more.

We were there in 2006 for the unveiling of the Gandhi statue in the India Cultural Garden and later when Rajmohan Gandhi planted a tree in honor of his grandfather.

We learned about Sikhs from Paramjit Singh. We learned of the diversity of Indian religions from Hindus, Jains, and others. We tried to learn phrases in Bengali, Hindi, Tamil, Kannada, Telugu, and other languages.

We learned Indian history from an eyewitness, Om Julka. We saw our first cricket match. We saw classical music at Thyagaraja Aradhana. We were there to help honor Spelling Champion Anamika Veeramani. We saw amazing dances from Mahima Venkatesh and others. We marveled at Kathak, Bharatnatyam, Karagattam, Bhangra, and Kuchipudi dancers. Not to mention lots of Bollywood!

We saw Raj Pillai, with a shaved head, perform a famous Gandhi speech at a Republic Day event.

We saw the commitment to helping others from Project Seva, Shiksha Daan, and the amazing Medical Yatras of the Association of Indian Physicians of Northern Ohio (AIPNO).

We were there over the years as the Indian community produced more inductees into the Cleveland International Hall of Fame than any other

group: Paramjit Singh, Vijaya Emani, Jaya Shah, Ratanjit Sondhe, Monte Ahuja, Shiv Aggarwal, Mohan Bafna, Mona Alag, Dr Atul Mehta, Sree Sreenath, Ramesh Shah and Sudarshan Sathe.

All of the above and much more are covered with photos and videos in the Indian section of ClevelandPeople.com. You can see them anytime. We will continue to be there covering the great culture and heritage of the Indian community.

Please sign up for the free eNewsletter which goes out every Tuesday evening and lists all the ethnic activities in the community.

<https://www.clevelandpeople.com/enews.htm>

Article by Dan Hanson, Cleveland People



## KIDS CORNER

### The Oinking Frog

Once upon a time, on a fine morning in a small town in England, there lived a frog.  
A frog who couldn't ribbit. Frog, well, he oinked. He tried, and tried, but all that ever came out was an OINK! Frog decided to go to someone who he thought was sure to help him, the skunk.  
Frog knocked on Mr. Skunk's door.  
"Why, hello Frog, come in, come in." He gestured to Frog to sit at the table.  
"Mr. Skunk, sorry to bother you on this fine morning, but I have a problem." Frog said.  
"Whatever is the matter, Frog?" asked Mr. Skunk.  
"I can't ribbit. I just can't." Frog admitted.  
"What do you mean?" asked Mr. Skunk.  
"When I open my mouth, all that comes out of my mouth is an oink".  
Frog opened his mouth and demonstrated.  
"Hmm. This is curious," Mr. Skunk thought for a moment. "I think I have it! For it to work, first you must close your eyes."  
Frog did as he was told.  
"Then, repeat after me," Mr. Skunk instructed. "I can ribbit, I can ribbit, I can ribbit. Now repeat those 100 times."  
Frog did as he was told.  
"Ok, now wake up, and when you do, you will not remember what oinking is."  
Frog suddenly jitted awake. "Hello, Mr. Skunk. What am I doing here?"  
Mr. Skunk smiled. "You came because you needed help."  
Frog jumped up from the table. "Thank you, but if you don't mind, I better be getting on my way now."  
"No problem, any day." Mr. Skunk said.  
As Frog went back to his home, he called out, "Thank you for the help!"

He hopped.  
along as he oinked.  
"Wait, you're oink-. Oh." Mr. Skunk remembered. Frog did not know that he was oinking, because Mr. Skunk had made him forget what oinking was.  
Frog thought he was ribbiting.  
Ms. Ameyaa Gargesha

Age: 11  
Orchard Middle School, Solon, Ohio







***Kasturi Kannada Sangha Camping and Picnic July - August 2023 by Mrs. Deepa Rao***

It was a pleasant day and an unusual one for a hot July in Cleveland. On July 22nd, 10 families of Kasturi Kannada Sangha camped at the KOA campgrounds in Streetsboro, Ohio. 20 adults and 20 kids gathered at the campsite around 3 p.m. Kids had fun playing at the swimming pool with their parents, while the rest of us hung out at the picnic tables. Fresh coffee was served with cookies and biscuits around 4 p.m. Some of the ladies decided to play Lagori and the kids loved learning how to play it. It had been years since I last played Lagori and it was so much fun reliving all the memories of playing the game.

When the kids returned from the swimming pool with their parents, they were overjoyed to find a cake awaiting them. We all gathered around the cake to cut it and loved devouring it together. A few of us started unwrapping the food and the rest of us started a campfire. We all had a sumptuous dinner of chapati, Eggplant Curry, Biryani, and Yogurt Rice. After dinner, we all gathered around the campfire and started playing dumb charades with Kannada movies. We also ate smores and corn and played antakshari. By the time we all went to bed, it was 1 am in the morning. It was chilly but the blankets kept us comfortable throughout the night.

The next morning, we had fresh coffee with biscuits and a few ladies made delicious Upma for breakfast. Kids had bread, butter, and jam. We spent the rest of the day talking and hanging out and headed home around 1 p.m. It was a fun overnight camping trip, and we all look forward to the next one!

Kasturi Picnic happened on August 12th at Cleveland Metropark Huntington Beach. The weather was rainy and sunny. During the rain, we played Bingo and dumb charades and during Sun we explored the park, played in the waters, and captured some beautiful pictures of magnificent Lake Erie. Evening we had a campfire and ate corn and smores.



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# Prahalad Rao - Saxophone Arangetram

By Naveen Uli, Solon

The Carnatic classical Saxophone Arangetram (stage debut) performance of Prahalad Rao on August 6th at the Beachwood Middle School auditorium was a unique accomplishment, both for the performer and his guru, Sri Lalit Subramanian of Madhuralaya School of Music, Twinsburg. Prahalad studied western alto saxophone under Mr. Tom Tweedle and plays the instrument in his high school band.

After starting Carnatic vocal lessons under Sri Lalit, Prahalad ventured to study Carnatic music on the saxophone with him. This was a special journey for both, one that culminated in an astounding performance last week. The concert included all the requisite elements of a full-fledged Carnatic performance and was a testament to the knowledge and creativity of the guru ably combined with the talent, technical prowess, discipline, and hard work of the student.



The varNam in nATakuranji was played precisely in 3 speeds, followed by rousing improvisation (niraval and kalpanAswarams) on the popular composition vAtApi gaNapatim. The central piece of the concert was a rAgam-tAnam-pallavi in rAga jaganmOhini composed by Sri Lalit in a 9-beat cycle, in which Prahalad demonstrated his melodic and rhythmic improvisational skills in 6 speeds through AlApana, niraval, kalpanAswaram and a rAgamAlika (a string of rAgas). His performance of this difficult piece was so polished that he received accolades at multiple points by his professional accompanists, Sri Jayshankar Balan on violin and Sri Vinod Seetharaman on mridangam.

The compositions chinna nADE (kaAnidhi) and paripurNa kAma (pUrvikalyANi) added diversity to the melodic palette of the concert, while bhOgIndra sAyinam and gIta dhun (dhanAsrI tillAna) added liveliness. JagadOdhhArana (dEvaranAma in kApi) added solemnity. Sri Vinod Seetharaman's captivating percussion solo (tani Avartanam) was an added bonus. Prahalad concluded with bhAgyada Lakshmi in madhyamAvati. Mr. Tom Tweedle as Guest of Honor and Smt. Sujatha Srinivasan as Special Guest had encouraging words for Prahalad. Overall, this was a splendid summer afternoon treat for a discerning audience, which was very appreciative of a flawless performance. With his talent, dedication, knowledge, and training in multiple musical genres, Prahalad Rao is clearly a budding musician of northeast Ohio who holds great promise.

**SHIVA VISHNU TEMPLE**  
7733 RIDGE ROAD, PARMAL, OH 44129

**Sanatana Dharma Classes for children will be offered at the Temple this fall. Details to follow.**

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For registration information, please text or call:

Shalini Arora (607) 434-8667  
Bhanu Maheshwer (216) 337-6817  
Shanti Raghvan (440) 502-7848  
Lalitha Srinivasan (440) 665-2481  
Ashwani Bhardwaj (216) 926-7890  
or send an email to Temple at [shivavishnutemplecle@gmail.com](mailto:shivavishnutemplecle@gmail.com)

## Dharma Classes at the Shiva Vishnu Temple in Cleveland By Mrs. Shanti Raghavan

Shiva Vishnu Temple is excited and happy to bring a Sanatana Dharma class for children as requested by many of you. Yes, the Temple has listened to you and identified this class as a need of the hour and a priority.

The classes are designed to be fun and interesting. The curriculum is age appropriate. It includes coloring, reciting slokas, singing bhajans, understanding deities, and studying Ramayana and Mahabharata and the messages they teach. There will be storytelling through narratives and videos. Basically, this curriculum will provide a roadmap for their spiritual growth coupled with moral and mental well-being.

The classes will start in September (date to be finalized) and will be held on Sundays from 10:00 a.m. to 11:30 a.m.

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Dr. Murthy Vuppala 440-520-9067  
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Hema Suresh 216-526-3917  
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Disclaimer: We will publish all the collected information based on each edition space requirements.





## Art of Living Cleveland

### From not believing in spirituality to hosting Gurudev Sri Sri Ravi Shankar:

June brings a lot of positive vibes for many of us, such as the school summer break, warmer temperatures, and family vacations. This year was no different. It was Saturday, June 3rd and I was doing one of my favorite family activities which is grocery shopping at the local Trader Joe's. A fellow Art of Living Cleveland teacher called me to suggest that Gurudev Sri Sri Ravi Shankar's secretary had just called and offered that if the Cleveland community is willing to host him, Gurudev Sri Sri Ravi Shankar will come to Cleveland on Friday, June 23rd. Gurudev's last visit to Cleveland was 13 years ago and I did not attend the event back then since I was not into the Art of Living, meditation or much into the Indian spiritual gurus. A lot has changed in the last 13 years with the most important one being that I found the Art of Living and Gurudev. I like to believe that there is magic in Cleveland's physical presence of divine energy. I have been practicing meditation regularly for the last 12 years and I am also a teacher with the Art of Living Foundation.

Coming back to Alex's question about hosting Gurudev on June 23rd, I probably sounded very confident in my YES answer. Still, I knew I was concerned about finding the time outside of my office work and family events to plan an event for Gurudev. My wife reminded me that we have the entire Cleveland community by our side, and the entire community came together and how. With the help of FICA, AIPNO, Gujarati Samaj, Marathi Mandal, the Art of Living family, and many like-minded organizations, we successfully hosted Gurudev in Cleveland with 1,000 people in attendance. Similar to how I started my journey into spirituality and meditation after Gurudev's visit 13 years ago, I am sure his recent visit to Cleveland will inspire many to embrace spirituality and practice meditation regularly.

### Sixth sense, meditation, and wisdom with Gurudev Sri Sri Ravi Shankar:

As human beings, we experience this world through our minds and the five known senses: smell, sight, hearing, touch, and taste. Gurudev shared how meditation and a broad vision about life can help us connect with our sixth sense and gain greater clarity, awareness, and peace. Meditation helps in two ways; it prevents stress from entering

the system and simultaneously releases the already accumulated stress. As human beings, we tend to let go of the pleasant emotions and cling to the unpleasant ones. But when our consciousness becomes free and enriched with meditation, this tendency of holding onto our negative emotions is the first thing to disappear. This is when we start living in the moment and let go of the past. This is what Gurudev taught us as he led a 30-minute guided meditation with 1,000 participants.

**World Culture Festival:** Gurudev Sri Sri Ravi Shankar has invited everyone to attend the 4th World Culture Festival (WCF) in Washington, D.C. from Sep 29th to Oct 1st to appreciate the rich diversity of our planet and to recognize that we are all part of a one world family. This event will also include Garba around the Washington Monument with 10,000 participants on the evening of Saturday, September 30th. Admission to the event is free and participation is open to all (prior registration is required). Contact Vijay Shah (937) 825-5787 or Dr. Dipali (402) 637-3050 to register for Garba. WCF free passes can be found on [wcf.artofliving.org](http://wcf.artofliving.org).

**SKY Breath Meditation:** We are 5 teachers in the Cleveland area who can teach the Sudarshan Kriya meditation program, also referred to as the SKY Breath Meditation program. The program will be held for 3 hours each day, for 3 consecutive days. Reach out to any of the teachers listed below to learn more.

### Art of Living SKY Breath Meditation teachers:

Manishi Bhatt: [Manishi.Bhatt@artofliving.org](mailto:Manishi.Bhatt@artofliving.org) (440) 241-3180  
 Alex Marculescu: [Alex.Marculescu@artofliving.org](mailto:Alex.Marculescu@artofliving.org) (216) 832-8930  
 Vijay Shah: [Shahjgd@gmail.com](mailto:Shahjgd@gmail.com) (937) 825-5787  
 Supriya Jindal: [Supriya.Jindal@artofliving.org](mailto:Supriya.Jindal@artofliving.org) (857) 210-3993  
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