

# THE LOTUS

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



April 2024 - June 2024

Since 1967

## INSIDE

FICA Matters.....  
pgs 2 - 3

Community News.....  
pgs 4 - 16

Please email us at:  
[Lotus.ficacleveland@gmail.com](mailto:Lotus.ficacleveland@gmail.com)

Sign up to receive  
The Lotus in your inbox at:

<http://www.ficacleveland.org/fica/lotusPage.html>

Or email us at:

[lotus.ficacleveland@gmail.com](mailto:lotus.ficacleveland@gmail.com)



## FICA and ICAGA Holi Celebrations

Date: May 19th Time: 2.00 PM

Location: Richfield Sree Balaji Temple Richfield Ohio

It was significantly hot for a cool spring weather in Cleveland. It was 85 degrees scorching heat. For the first time FICA joined hands with ICAGA to celebrate Holi, the festival of colors. Around 400 people joined to celebrate the festival with vibrant colors of blue, pink, green and yellow. DJ Ajay and DJ Vik from Elevated Vibez Entertainment played dance numbers and holi tunes so one and all can dance and enjoy splashing colors on each other. Holi brings in joy and oneness and creates a human bond. Holi signifies the eternal love of Lord Krishna and Radha. It also marks good over evil. It's also a celebration of the triumph of Lord Vishnu in the form of Narasimha over Hiranyakashipu. It also marks the welcoming of spring. Spring brings in fresh blooms of flowers with freshness in the air. Spring also brings in a variety of colorful blooms and hence to rejoice the arrival of spring people of India and Nepal celebrate holi. People apply colors on each other and rejoice. It's the time to clear any conflicts and make friends with each other, bond in love and eternity.

We had a special guest from Signal Cleveland. Gennifer Harding-Gosnell from Signal Cleveland was there with us to celebrate holi along with her friends. The temple provided us with a sacred atmosphere to celebrate the festival of colors with near and dear ones. Temple also cooked food for us (Idli Chutney, Poori Chole, Lemon Rice, Bhatata vada, Boondi Ladoo and Rava Laadu). FICA and ICAGA wholeheartedly thank the temple management committee and the board members for allowing us to celebrate this auspicious festival at sacred temple premises.

Even though the weather felt like summer heat, the merriment was so much that we did not bother with the weather and happily enjoyed Holi.

## Indian Community Center

### A letter from Mr. Sudharshan Sathe:

Dear Friends of FICA;

Namaste!

There is ample evidence that even a small subset of our Indian community can build gorgeous buildings. There is the Shiva Vishnu Temple, the Richfield Venkateshwara temple, there is the Jain temple, the Swaminarayan temple, multiple Gurudwaras, and so on. Each one of these, in addition to their reverential value, are examples of sumptuous architecture and utility.

So, the vexing question for me has been, why can't the whole Indian community come together and build something for Bharat Mata, an India Community Center?

Unsuccessful previous attempts have shown the need for funds readiness, the so-called money-in-the-bank readiness. So how do we raise these funds? There are enough blessed people in our community who can donate generously, and we may well call on them later in the process, but to begin with, I envision a grassroots

fundraising so that our community feels ownership in this project.

I propose the concept of "A Circle of One Thousand". One thousand families pledge to donate 1000 dollars per year for the next three years. Since this donation will be tax deductible, it really amounts to a much smaller number in reality. 1000 families times 3000 dollars is 3 million. That's a very respectable base to start the process in earnest. I literally imagine a big circle inside the entrance wall of our future ICC building in which these 1000 family names will be inscribed, in alphabetical order. That way, a broad base of our community will feel the connection to this building that will be commensurate with the status and elan of the Indian Community. Finally, these funds will be kept in a unique lockbox account and would not be used for any other purpose, whatsoever.

If you have any questions please reach out to @  
[president.ficacleveland@gmail.com](mailto:president.ficacleveland@gmail.com)

Thanks,  
Sudharshan Sathe

Non-Profit  
Organization  
U.S. POSTAGE  
PAID  
CLEVELAND,  
OHIO  
PERMIT NO.  
1051

FEDERATION OF INDIA COMMUNITY ASSOCIATION

PO BOX 39474  
Solon OH 44139  
United States

Or Current Resident





## FICASTAFF

### Administration Board of Trustees

Sudarshan R. Sathe (Chairperson)  
chairman.ficacleveland@gmail.com

Rupesh Raina (Vice Chairperson)  
vicechairperson.ficacleveland@gmail.com

Swathi Desai (Secretary)  
botsecretary.ficacleveland@gmail.com

### Members

Guniya Bafna  
Dinesh Bafna  
Dharminder Kampani  
Sathish Mahna  
Purshottam Punwani  
Rajesh Sharma

### Executive Board

Shekhar Ganore (President)  
president.ficacleveland@gmail.com

Ameet Bathiya (Vice President)  
vicepresident.ficacleveland@gmail.com

Keyuri Hazarnis (Secretary)  
secretary.ficacleveland@gmail.com

Hemant Kanodia (Treasurer)  
treasurer.ficacleveland@gmail.com

Abhijeet Runwal (Co-Treasurer)

Ritu Mahna (Past President)

Deepa Rao  
(Social Media Coordinator)

### Officers

Amit Jain  
Mitesh Bhandari  
Naveen Uli  
Manish Ishwar  
Yatish Desai  
Somnath Roy

### LOTUS

Deepa Rao (Editor in Chief)  
Lotus.ficacleveland@gmail.com

Sangita Bafna (Managing Editor)  
Tanmayee Dixit (Managing Editor)  
Pushpalatha V. (Managing Editor)

Design and Layout  
Santosh Bhandari

### Publisher

The Federation of India Community Associations (FICA)

### Project Seva

Utkarsha Hazaris - Chair

### Helping Hands

Swati Sathe - Chair  
Swati.sathe90@gmail.com

### India Cultural Garden

Sumita Kedia - Chair  
Icg.ficacleveland@gmail.com

### Shiksha Daan

Sanjay Garg - Chair  
sangarg@aol.com

# A Tribute to Legend Paramjit Singh

By Dan Hanson



Paramjit Singh was a Community Leader of the Asian Indian Community since he first landed in Cleveland in June of 1962. Being a Sikh, he has dedicated his life to doing good work and serving the needy. Paramjit Singh completed his Mechanical Engineering from the Indian Institute of Technology (I.I.T.) Kharagpur, India, in 1958 and joined the MBA program at Case Western Reserve University in September 1962. He got involved with the International Student Group and shortly thereafter became its chairman. This gave Paramjit the opportunity to meet students from all over the world and made him a citizen of this world. Being from India gave Paramjit the opportunity to share with his international

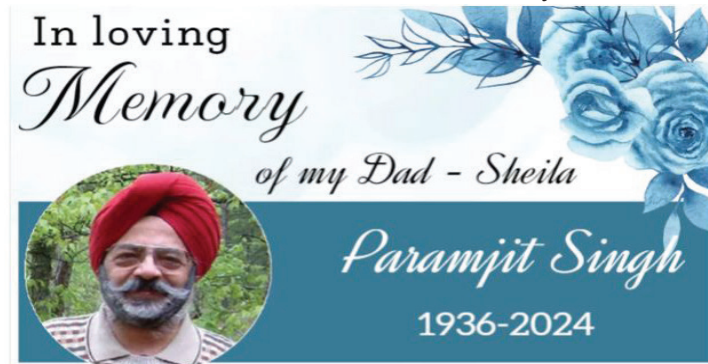
friends and Clevelanders, the Indian culture, entertainment, food, and religions, especially Sikhism (the fifth largest religion in the world).

The Cleveland Council of World Affairs asked Paramjit Singh to organize the first Indian dinner to celebrate the 13th Republic Day of India with students and members of the Council. In 1964, he got involved with other members of the Indian community to establish the India Association of Cleveland.

Paramjit Singh made history in Cleveland by being the first turbaned Sikh to be a part of the Case Western Reserve University graduation ceremony (proudly wearing his turban, rather than the traditional mortarboard) in 1965. With the change in the immigration laws and the growth of the Indian community in Cleveland and all over the United States, the National Federation of Indian-American Association (NFIA) was formed in 1980 and that resulted in the creation of the Federation of India Community Associations of NE Ohio (FICA) in 1981, which is a member of NFIA.

Paramjit and his wife Linda came up with the idea that Indian Americans should start giving back to this country for all the opportunities it has provided. They shared their thoughts with FICA and Project SEVA was created with Ohio State Senator Michael White and Reverend Earl Preston Jr., Pastor of Morning Star Baptist Church. Project SEVA prepared and served a Thanksgiving Dinner to 400 people at the church. The joy that they experienced led Paramjit to share it with the Executive Board of NFIA and Project SEVA was adopted as a national project by NFIA.

Paramjit Singh continued to provide his personal and professional time as a volunteer to add value to the Indian and Ohio communities. He has served as President of FICA, Vice President NFIA, President of the American Society of Engineers of Indian Origin, Cleveland Chapter, Founding member of Asian-Indian-American Business Group, Asian-Indian-American for Better Government, Executive member of Cleveland Mayor George Voinovich's Asian Advisory Council, and more. He explained the basic principles of Sikhism in this short video at the Cleveland City Club. He was inducted into the inaugural class of the Cleveland International Hall of Fame in 2010 along with Senator George Voinovich, Margaret Wong, and other equally distinguished people. Watch a video of Mona Alag inducting Paramjit Singh.



Paramjit Singh of Shaker Heights, Ohio, passed away peacefully on March 28th, 2024. He was 88 years old. He was born on March 1st, 1936, in Lahore, India (now Pakistan), and came to the U.S. in 1962. Since Paramjit was known for sending out homemade birthday cards with acrostic poems using the letters of each person's name, the rest of this tribute is in acrostic form as an homage.

Proud Sikh, Indian, and citizen of the world

Always looked for ways to serve his family, friends, and humanity

Respected leader in the Cleveland Indian community who in 1988 founded Project Seva, a non-profit organization which has provided food and resources to many thousands of Clevelanders of all backgrounds over almost four decades.

Amateur singer known for his rendition of "Nakhre Wali" at parties (duetting with his American wife) and for performing the Indian and American national anthems at formal events.

Made friends across cultures and valued those cross-cultural connections.

Jaswant's and Baljit's only child, Linda's husband of over 53 years, Sheila's father, Jeff's father-in-law, and Lila's Nana (grandfather)

IIT graduate in mechanical engineering who went on to get his MBA from Western Reserve University when his engineering credentials were not recognized here.

Tireless idealist 'til the end



## Indian Associations/Organizations in the Greater Cleveland Area

Agarwal Samaj of North America (ASONA)  
Vibhav Agarwalla  
Vick.Agarwalla@Gmail.com

AIPNO Association of Indian Physicians of Northern Ohio  
Vikram Kumar  
Vikkumar@yahoo.com

Association of Asian Indian Women in Ohio (AAIWO)  
Deepa Rao  
aaiwocleveland@gmail.com

Bengali Cultural Society  
Amiya Ghosh  
aghosh3@kent.edu

Cleveland Moms 4 Moms  
Vidhya Ramachandran  
Info@clevelandmoms4moms.org

Coalition of Hindus of North America (CoHNA Cleveland)  
Rakesh Ranjan

ICAGA (Indian Community of Akron)  
Sonal Jain (sonalashwin@gmail.com)

Ekal Abhiyan  
Vikas Jain Vikasjain365@yahoo.com

India Fest USA  
Bharat Kumar  
indiafestusa@gmail.com

Kasturi Kannada Sangha  
Mamatha Girish  
25kasturi@gmail.com

Kerala Association of Ohio  
Balu Krishnan  
president@kaoh.org  
Marwari Association of Ohio

Suman Agarwal  
sumanbansal8@gmail.com

North East Ohio Marathi Mandal  
Utkarsha Hazaris  
president@neomm.org

North East Ohio Telugu Association  
Venkat Matta  
Surendragoud@gmail.com

Northeast Ohio Tamil Sangam  
Arunkumar Selvapillai  
aruns2k@gmail.com

Sewa International  
Anil Kumar Singh  
Cleveland@sewausa.org

Tamil Nadu Foundation USA, North East Ohio Chapter  
Venkatesh Harikrishnan  
Northeastohio@tnfusa.org

The Odisha Society of the Americas, Ohio Chapter  
Deepak Sahoo  
sahoodk@gmail.com





## Project SEVA Interview with Sangita Bafna

By Deepa Rao



### 1. Tell me the story behind Project Seva?

Project Seva, one of the 4 service arms of FICA, was started over 35 years ago by a few community members who wished to pay it forward and make a difference within the American community in which they lived. Their mission was to serve meals at homeless shelters around the inner city of Cleveland. Over the years it expanded its services to include distribution of hygiene packages and blankets. However, now distribution of items is based on the shelter's needs for its residents. We have a strict policy of no gift cards. Until 2 years ago, we were 6 members serving various shelters around inner city Cleveland. Today, we are 15 members serving 15 shelters and one church around Cleveland and Akron areas and growing!

### 2. What are some of the initiatives of Project Seva?

Some of the initiatives of PS are:

- The annual blanket drive
- Distribution of hygiene packages, and other items that the shelters may require such as diapers, socks, undergarments, laundry detergent, sheets etc....
- Serving meals at homeless shelters, and St Coleman's Church on a monthly basis. PS is a 100% volunteer organization. Our volunteers serve their designated shelters every month/quarter, on as needed basis. Our



work is funded solely by generous donors of our Indian community.

### 3. How many volunteers are there?

At present there are 15 volunteers

### 4. How many Shelters does Project Seva help now and any expansion plans?

At present, we serve 15 shelters, and one church, between Cleveland and Akron. In addition, we are planning on expanding our services towards the west side and south side of Cleveland

### 5. If people want to join Project Seva how can they join or volunteer?

Currently, we are at our maximum capacity for members, however, people can volunteer with PS on a project basis. We also have the monthly meal at St Coleman's church. We encourage the community members to come forward to volunteer for this opportunity. Their children may also enjoy serving the meals. Great exposure for the kids. Any one of the current PS members can be contacted, to find out more about volunteer opportunities. For serving or sponsoring a meal at St Coleman's church they can contact me directly (216-906-9064)



### 6. If people want to donate funds to Project Seva how can they donate?

To donate to PS, one can go on FICA's website and select the Project Seva tab for donations.

### 7. You do blanket drive during Thanksgiving tell me something about that?

Our annual blanket drive takes place on/around October 2nd to commemorate Mahatma Gandhi's birthday. We distribute blankets to all our shelters, on as needed basis.

For this project and other PS projects, we rely solely on our donors. Without their generosity, we cannot continue to do our excellent work for the homeless community. We request everyone to donate something to PS. Even a \$15 donation will buy one blanket or hygiene packages for the shelters! So, as you enjoy the comforts of your home, the food on your table, the coziness of your bed, please remember the homeless population in our city and pay it forward to support them. 100% of your donation goes to the cause and it's tax deductible. We use FICA's tax ID. Thank you always for your support!



**SHAH TEAM**

**Howard Hanna**  
Real Estate Services

Residential & Commercial Real Estate

Buying or Selling?

Lets connect today!



**Lipi Shah**

440-781-6540

lipishah@howardhanna.com

**Chintan Shah**

440-781-9561

chintanshahrealty@gmail.com



*Dream Catcher Events*

You dream, We create

@DREAMCATCHERPARTYDECOR

PH: 216-288-2323





## FICA 1st Quarter News

FICA had an exciting First Quarter! Everything from our special events, festivals, and insightful meetings, we certainly hope to have made an impact. We are still constantly working more and there is more to come this year. Here's to a wonderful first start of the year!

### CCWA Indian Forum -By Deepa Rao

#### Location : The Union Club of Cleveland

Cleveland Council on World Affairs hosted a Forum on India. Dr. Raj and Karen Aggrawal sponsored this forum - India The Emerging Geopolitical and Economic Power- Prospects and Challenges by Dr. Ajay Chhibber a distinguished visiting scholar, Institute for International Economic Policy, George Washington University Non Resident Senior Fellow, South Asia Center, Atlantic Council. Dr. Ajay Chhibber is a Distinguished Visiting Scholar at the Institute of International Economic Policy, George Washington University, and a Non-Resident Senior Fellow at the Atlantic Council. He was India's first Director General of Independent Evaluation with the status of Minister of State in 2013-2014 and Distinguished Visiting Professor at the National Institute for Public Finance and Policy. From 2008-2013 he served as United Nations Assistant Secretary-General and Assistant Administrator at the United Nations Development Programme. He served as the World Bank's Country Director in Turkey and Vietnam and led the 1997 World Development Report on the role of the state. He has published six books on economic development and many articles in international journals and major newspapers. His latest book, co-authored with Salman Soz, Unshackling India: Hard Truths and Clear Choices for Economic Revival (Harper-Collins) was declared the Best New Book in Economics for 2022 in the Financial Times and won the India Economic Forum Literary Award for 2022. He has a PhD from Stanford University, a master's degree from the Delhi School of Economics, and has completed advanced management programs at Harvard University and INSEAD, France. He has also taught economics at Georgetown University and the University of Delhi. His talk was very informative. India is growing in leaps and bounds and still needs to concentrate on women's education, encouraging women to work and also encouraging innovation and research more.



### North Olmsted High School International Cultural Event - By Dr. Somnath Roy

#### Location: North Olmsted High School has organized an International Cultural program

On Friday, the 24th of May, 2024, North Olmsted High School organized their Annual International Cultural Program between 6 pm & 9 pm. There are a total of 33 countries which participated in this event, namely America, Albania, Armenia, Bosnia, China, Dominican Republic, Egypt, France, Ghana, Guatemala, Greece, Germany, Hungary, India, Iraq, Jamaica, Japan, Ireland, Italy, Jordan, Lebanon, Mexico, Palestine, Puerto Rico, Romania, Serbia, Senegal, Somalia, Syria, Saudi Arabia, Sweden, Turkey and Ukraine. The program started with the American National anthem in presence of North Olmsted Mayor, Nicole Dailey Jones followed by the popular dance items from most of the participating countries in the football field of the school.

On behalf of the Indian community, FICA participated in this International Cultural Program with Indian Dance Groups and free Indian food samples. Thanks to Khao Macha, Saffron Patch and Annapurna restaurant. Bharat Natyam Dance performers of Nartanam Academy of Dance are Tanvi Malankar, Shrividya Regadamilli, Vanshika, Myneni, Pranhitha Pillarisetti, Manasvi Galgali and Sriyani Tallapareddy. Another performance by the Cleveland Twin Sensations, Mayher & Neev Jain of Bhangra Dance was mesmerizing. The program was attended by about 500 people.

Picture credits : Dr Somnath Roy.



### FICA table at the International Hall of Fame induction ceremony - By Dan Hanson

FICA was represented at the Cleveland International Hall of Fame inductions on Tuesday April 23, 2024 at Windows on the River. A sellout crowd of 500 people representing almost 75 different heritages mingled with 4 Ambassadors, civic and ethnic leaders and more. Master of Ceremonies Russ Mitchell praised the ethnic communities at the event and for several nights on the WKYC news.

During a libation ceremony that honored those members of the Hall of Fame who have passed on, the names of Dr. Mohan Bafna and Vijaya L. Emani were announced and the audience responded with the respectful term "Ashe". Current members of the Cleveland International Hall of Fame including Sudarshan Sathe were also introduced.

This was the largest and many said the best Cleveland International Hall of Fame induction ceremony and we were glad to see FICA and the Indian representation. Nominations for the 2025 Class can be submitted at any time to dan@clevelandPeople.com.



### Solon Spring Festival - By Manish Ishwar

On April 20 Solon organized its 1st Spring festival of 2024 showcasing South Asia. Various organizations and individuals representing south asia were invited to showcase its vibrant culture, various traditions, music and food. South Asian culture, tradition and food were displayed and the community tested its diversity which passed and grew over the generations. Individuals and groups from India, China, Islamic countries and many more displayed their art, culture and tradition in the festival. More than 10 Indian groups/individuals represented and participated. FICA participated and displayed rich Indian heritage along with other brother and sister organizations from the region.



FICA continues leading Indian diaspora by showcasing Indian culture and tradition. FICA leadership in binding India as well as the center of Solon diverse culture is well recognised by all attendees and even admitted by **Edward H Kraus** the current mayor of Solon city in his interaction during his visit to the FICA booth. Big Indian groups and individuals displaying a variety of vibrant colors of rich India in the form





of its music; dance , spicy but tasty food, truly representing the multicolour of spring in its traditional and ethnic dresses and many more. After a few months of winter, large numbers of people from the local community came out and enjoyed its unity among diversity. Community sees its global flavor and takes this opportunity to learn about different traditions and customs.

### Shuddh Desi Radio Program - A tribute to Pankaj Udhas

Date : April 19th(Radio Program) and April 21st ( Facebook Live)  
This event was a joint collaboration with Hindustani Mehfil, FICA and SDR. SDR is a Tennessee based Radio station. Shalini and Andy did a wonderful job as RJ. The singers below gave a wonderful tribute to late singer Pankaj Udhas. Cleveland Singers were Ramya Ramadura, Madhu Gargsha, Pavana Bhat, Chandrika Gopal, Kavita Bhanwala, VB Rajan and Paddy Raghunathan

### WOVU Neighbourhood Round Table

WOVU 95.9FM and Neighborhood Media Foundation arranged for Mayor Justin Bibb to hold a live broadcast Q&A with Cleveland's grassroots media, only. The attendees from Cleveland's community media ecosystem reflected the wide range of diversity found across Cleveland's communities.



Continued  
From Pg 1

### FICA Project /Initiatives Q12024

**Q1 Activities:**

- India Republic Day
- High school kids workshop
- Community Leaders Meeting
- CCWA Participation - Indian Forums
- Cleveland International Film Festival - The Lotus Media Partner
- Cleveland Asian Festival - Community Partner and The Lotus Media Partner
- Global Cleveland - Collaboration for helping International Students
- Round Table with Mr. Mayor (Justin Bibb)
- Collaboration with Shuddh Desi Radio and Hindustani Mehfil Cleveland for a Radio Program
- Essay Writing Technique for High School students - FICA workshop

**Upcoming Planned:**

- Solon Art Show - FICA booth
- FICA Holi Celebration
- North Olmsted School District - FICA Representation
- Youth Initiatives - Meeting in June
- FICA representation - Cleveland Cultural Gardens - PAN American Games
- CSU and Case - Spring and Fall FICA Booth

### FICA Community Leaders Meeting

Cleveland is home to many Indian regional organizations. FICA had arranged a community meeting at Beachwood Library. More than 20



organization leaders participated. FICA discussed how to bring in synergy and work together. Mr. Shekhar Ganore president of FICA started with the mission and vision statement of FICA followed by the annual schedule of events. All the sister organizations of FICA did their introductions and explained the vision and mission of their organization. Chair of FICA Mr. Sudharshan Sathe explained the importance of building an Indian Community Center to host all Indian regional festivals and programs. He conveyed we all need a home that we can proudly call ours. Mr. Shekhar opened the topic of discussion on how all the regional organizations can come together for a FICA event "Ananda Mela" which is an Indian Cultural and Food Festival. This event will be held in August 2024, which will showcase diversity in India. This event will have the taste of different states of India and Cultural performances representing each state of India. There will be food vendors and stalls of clothing and jewelry.







## NEOTA Ugadi celebrations

By Madhu Majji

Ugadi is a significant festival celebrated by the Telugu-speaking community to mark the beginning of the New Year according to the Hindu calendar. The North East Ohio Telugu Association (NEOTA) organizes a grand celebration for Ugadi every year.

The 2024 Ugadi celebrations organized by NEOTA promise made a memorable event.

The event was open to all, with free dinner for everyone.

The event includes a variety of cultural programs. Participants of all ages showcase their talents in various forms such as vocal singing, instrumental music, and dance.

The performances range from traditional Carnatic songs, devotional slokas, and classical dances to contemporary music and dance.

One of the highlights of the NEOTA Ugadi celebrations is the preparation and sharing of 'Ugadi Pachadi', a special dish that symbolizes the various flavors of life.

The NEOTA Ugadi celebrations are not just about festivities and cultural programs. They are also about community bonding, sharing joy, and welcoming the New Year with hope and enthusiasm. It's a time for the Telugu community in NorthEast Ohio to come together, celebrate their culture, and look forward to the year ahead with optimism and joy



The Cleveland chapter of Ekal Vidyalaya held its annual fundraiser event on Sunday, April 28th at the Independence Middle School. The highlights of the evening were a sumptuous dinner followed by a spectacular music extravaganza that took the audience through a 75-year journey of Bollywood blockbusters. The brilliant vocals were anchored by Hrishikesh Ranade, Madhura Datar and Sharayu Date and ably supported by a team of top-notch instrumentalists from India. Together, they held the audience spellbound for close to 2 hours. They generously performed several "oncemores" as well as took "fermaish" from the audience. This enhanced the audience engagement greatly. This year marked the largest audience yet for this annual event, with over 450 individuals participating. The leadership of the Cleveland chapter worked tirelessly over many months, aided by over 40 volunteers, and executed the event flawlessly. Mrs. Ritu Mahna, aided by Mr. Sudarshan Sathe, Mrs. Swati Sathe, and Dr. Vikas Jain were instrumental in encouraging the audience to donate. The total amount donated and pledged was the highest ever for the Cleveland chapter, \$215,000, significantly exceeding last year's collection of \$155,000.

Ekal Vidyalaya Foundation of India is an organization under the Ekal Abhiyan (movement) that is volunteer driven, and community led. The organization's stated Vision is "Empowering Rural India's Changemakers" and Mission is "Bringing literacy, healthcare, and economic prosperity to remote villages in India". It was established in 1989 with education as its flagship program. It has been expanding towards integrated village development with initiatives for digital literacy, women's



For the first time in the history of Cleveland, a stand-up comedy show in Marathi language was organized by North East Ohio Marathi Mandal on March 22nd, 2024.

About the Artist - Mandar Bhide is the only Indian Stand Up Comedian who has performed in 4 languages - English, Hindi, Marathi & Gujarati. He has an experience of more than 900 shows over the last 8 years & has performed across the length & breadth of India & also internationally. He is the only Marathi comedian who has done international tours of his solo show with shows in Australia, New

## Ekal Vidyalaya Annual Fundraiser

By Naveen Ulli

empowerment, health services, sustainable agriculture, jobs and skills training. An active and trusted international network of 400,000 volunteers drives its activities. To date, 10 million girls and boys have gained literacy in 80,000 villages and tribal areas in India. There are currently 92,175 schools spread over every state in India, predominantly in remote villages where government or private schools do not exist, and families rely on children to work to support the families. Each primary school is staffed by a single volunteer teacher from the same community, 70% of teachers are women. Children between 4 and 10 years of age receive instruction free of cost, 2 hours a day, 5-6 days a week. Schools are run at informal, accessible places that are central to the village, such as a home or a community center. They are managed by a school oversight committee comprising of parents and community members. Each class consists of 20-30 students. The curriculum across all Ekal's schools follows a standard core of local language, English and Arithmetic. Students also participate in physical education, value education and creative arts. 2.64 million students are currently enrolled. Ekal's teachers are selected by the school oversight committee, have a minimum of 10th grade education, and undergo intense training and consistent supervision. A "Sanch Pramukh" (supervisor) oversees a group of 30 schools. Ekal's model has very low overhead expenses and this makes the endeavor extremely cost effective. It takes \$365 to educate an entire class for a school year (\$1 per day), and this covers teacher training and honorarium and program materials and learning tools for the students.

Of the \$215,000 raised this year, \$185,000 will go towards sponsoring 506 Ekal primary schools. The remaining \$30,000 was raised by 4 generous local families pooling their resources together and is earmarked for a computer training lab that provides digital literacy training to youth in rural villages. The three-month long curriculum was developed in partnership with IIT Bombay to bring digital literacy to the most underserved youth in India's villages and would provide digital literacy to 300-400 students over a period of three years.

## First Marathi Stand Up Comedy Show in Cleveland!!!!

Zealand and Nigeria, all in 2023! Mandar is also the only Marathi comedian to do solo shows in more than 5 countries & 4 continents.

About the Show - "Shubha Mangal Saavdhan" - is a celebration of the Marathi way of life. Mundane observations meet a razor-sharp sense of humor to deliver a show that is as relatable as it is mind blowing! What's best is that this was a clean, family friendly Marathi Stand Up Comedy show, which was enjoyed by all audiences from ages 8 to 80!

Marriage is a subject close to all of us. Mandar's show Shubh Mangal Saavdhan was a humorous commentary on marriage, married life, our children, our parents' role in it, and how it can all be wonderful and enjoyable.





## Breathe Sleep Thrive 2024 - The Art of Living

Millions of participants across 180 countries have benefitted from the powerful rhythmic breathing called Sudarshan Kriya (SKY) that harmonizes the body-mind complex. Art of Living founder Gurudev Sri Sri Ravi Shankar often says that in order to progress in life, we need to take both the modern and the ancient. Science and spirituality are not opposite to each other, rather complementary.

This April, Cleveland based Art of Living faculty Dr Dipali Desai (Internal Medicine Physician with the University hospitals) organized a science focused workshop in CWRU with Dr Vastav Raman (PhD molecular Biology from Cornell and working as scientist at a global life science company) and Prof Ronnie Newman (Harvard trained researcher, educator and published author).

Dr Vatsav and Prof Ronnie shared many science backed research studies that showed how the practice of Sudarshan Kriya (SKY) helps lower cortisol levels (major stress hormone), significantly improves EEG Beta wave activity that indicates heightened alertness / mental focus, Increased lymphocyte count suggesting enhance immune function. There were studies that showed improvement in sleep and life satisfaction. For many of us who have been practicing SKY and have first hand experience of many benefits, it was good to see science backed validation as well.

Special thanks to Dr Namrata Kumar, Dr Vikram Kumar from AIPNO and Dr Mona Gupta, Dr Satish Kathula from AAPI for attending the event and sharing their thoughts on the importance of incorporating integrative medicine for overall well-being.



## Maharashtra Jatra (Fun Fair) in Solon

North East Ohio Mandal organized their annual jatra (fun fair) event on May 10, 2024. This event was attended by over 350 guests from the Cleveland / Akron area. This year we had more than 40+ vendor registrations for the event which included vendors selling food, traditional clothing, traditional jewelry, and more. All vendors were local / small business owners who got the opportunity to showcase their culinary skills and products. We also had many kid entrepreneurs showcasing their entrepreneurial skills, helping parents with the booth, and raising donations for charitable foundations.

Mayor Edward Kraus from Solon graced the event as our Chief Guest.

## Gudi Padwa Celebrations



This year North East Ohio Marathi Mandal organized Gudi Padwa (a spring festival marking the start of the lunisolar new year for Marathi and Konkani Hindus) on April 20th, 2024. The event was attended by over 170 people. The highlights of the event were the following:

Kids dressed in traditional costumes

and welcoming all the guests

Sharing the history and significance of Gudi Padwa by one of our senior members – Mrs. Sandhya K. Deshpande

Worshiping Gudi – A symbol of victory and believed to ward off evil and invite prosperity

Authentic Maharashtrian food in Pangat style (In a Pangat, food is served by volunteers to all guests seated together in a row to eat) on banana leaf. This was the first time food was catered in this traditional style and was enjoyed by everyone



Cultural Program “Veer Senani” – Commemorating Freedom fighters of India. The program was written, directed, and performed by local artists from Michigan, IL

## Kasturi Kannada Sangha UGADI Celebrations

On April 13, 2024, the Kasturi Kannada Sangha commemorated Ugadi with a grand celebration. The Keller Hall in Berea was beautifully embellished with traditional Kannada decorations, embodying the essence of Ugadi. The attendees were welcomed with ‘bevu-bella’ (neem-jaggery), a symbolic representation of life’s sweet and bitter experiences.



The event included a health talk and a festive seven-course feast.

The evening’s main attraction was an enchanting live violin performance by Tejas and Pranav Manjunath, also known as the Boston Brothers,

with Noel Alban on percussion. The trio’s musical magic left the audience in awe. The crowd moved to the rhythm, danced to the beats, and sang along to the memorable Kannada hits. As the concert concluded, the hall was filled with applause and cheer, leaving everyone yearning for more.

In summary, the Ugadi celebration hosted by the Kasturi Kannada Sangha was indeed a sensory delight!







## WHIAANHPI event in Cleveland celebrates Asian Heritage Month

By Cheryl D'Mello

The first-ever White House Initiative on Asian Americans, Native Hawaiians, and Pacific Islanders (WHIAANHPI) Great Lakes Regional Network Community Roundtable was held on Wednesday, May 29, 2024, from 10:00 a.m. to 3:00 p.m. at the Ariel International Center in Cleveland. The event in celebration of Asian American and Pacific Islander Heritage Month, was attended by about 200 people, mostly of Asian origin.

Justin M. Bibb, Mayor of Cleveland and Chia-Min Chen, Asian Liaison, Community Relations Board, City of Cleveland were among those who welcomed the audience. Many of the speakers who addressed the audience had traveled from Washington DC and other cities.

Among the speakers were some high-ranking government officials of Asian Indian origin. These included Kalpana Kotagal, Commissioner, U.S. Equal Employment Opportunity Commission (EEOC) from Cincinnati, Amrith Kaur Aakre, District Direct of the EEOC from Chicago, Meena Morey Chandra, Enforcement Director U.S. Dept. of Education, Office for Civil Rights, and Dilip Gokhale, Cleveland Field Office Director, EEOC both from Cleveland.

Some of them are the first women of South Asian descent to hold these positions. They shared their experiences of being the only people of color in the room. "We must talk about our experiences and ensure that our voices are heard by the government," said Akre. She emphasized that initiatives

in advancing equity, justice, and opportunities for Asian American communities are crucial. There is a need to build bridges, open doors and break down barriers.

Deeana Jang, Policy Director of WHIAANHPI from the White House opened the event. There was a panel discussion on "Financial Literacy" in the morning discussing microlending and support for the underserved entrepreneur such as Women's Business Centers of Ohio. Members of the Small Business Administration, the Economic & Community Development Institute, the Federal Trade Commission, the Consumer Financial Protection Bureau, etc. spoke about free consumer resources on their websites: [www.ftc.gov](http://www.ftc.gov) and [www.consumerfinance.gov](http://www.consumerfinance.gov) and how to avoid scams, including a handbook on fraud for new immigrants. This was followed by a delicious Asian lunch.

The afternoon session had a panel discussion on "Know Your Rights." Representatives of the Department of Justice, Community Relations Services, U.S. Citizenship and Immigration Services, etc. addressed the audience about discrimination in the workplace, minimum wages, cybersecurity, hate crimes, etc.

A video on the 25 years history of WHIAANHPI was screened as well. There were tables of information about different offices of the government such as immigration, Small Business Administration, EEOC, etc. Those who attended gathered lots of information about topics relevant to them.



## Sustainable Cleveland: HSS's Earth Day Commitment to Plastic-Free Living



Sunday, April 21st, Cleveland, OH - "I would not take my lunch in plastic tiffin boxes"; "I would not use plastic bottles anymore"; "I would stop using plastic plates and cutlery in my social family gatherings" – these are not just words, but bold commitments made by several Cleveland community families who came together on Sunday, April 21st, to celebrate Earth Day. This year, Earth Day was observed worldwide with a resolute commitment to end plastics for the sake of human life and planetary health, advocating for a 60% reduction in the production of ALL plastics by 2040.

The Earth Day celebration event in Cleveland was meticulously organized by the HSS, a 501(c)(3) voluntary, non-profit, social, educational, and cultural organization. Their mission is to collectively address societal challenges and contribute to global welfare. With roots deeply intertwined with principles of reverence for nature, non-violence, and interconnectedness, our group in America is increasingly embracing environmentally responsible lifestyles. The keynote speaker at the event was the esteemed Cleveland resident, Dr. Utsav Chaturvedi, a former researcher at CERN laboratories and a passionate environmental activist. Dr. Chaturvedi shed light on the alarming statistics surrounding global plastics, revealing that an estimated

460 million metric tons of plastics clutter our planet, with a staggering 75 to 199 million tons currently polluting our oceans. Shockingly, every minute, one million plastic bottles are purchased worldwide, and up to five trillion plastic bags are used annually. In the USA alone, an estimated 9.7 billion cigarette butts are discarded each year, with 4 billion of them polluting waterways, comprising nearly 20% of all litter.

Dr. Alaka Srivastava, a distinguished biomedical researcher, and the event coordinator, delved into the health implications of plastic usage. She highlighted the adverse effects of Bisphenol (BPA), a chemical found in plastic beverage containers, dinnerware, food can linings and toys. BPA is classified as an endocrine disruptor, linked to increased risks of breast cancer due to its ability to be absorbed by fat tissue.

Additionally, Dr. Srivastava raised concerns about Phthalates, another group of chemicals used in plastics, associated with weight gain, insulin resistance, and reproductive system disorders. She emphasized that when food is wrapped in plastic containing BPA, phthalates may leach into the food, particularly fatty items like meats and cheeses.

On this Earth Day celebration, Cleveland families pledged to reduce plastic usage in their daily lives, raise community awareness about the harmful effects of plastics, adopt and promote plastic-free alternatives, and actively participate in Cleveland's community recycling and plantation efforts. Many students joined this program and celebrated the event by planting Marigold flower trees in pots to mark Earth Day. They plan to care for these saplings over the next few weeks and later gift them to their respective teachers during Teacher Appreciation Week. HSS families will continue to work with Cleveland city to volunteer for city initiatives to protect, nurture, and promote environment-friendly activities in our city schools, businesses, and the community at large, said the HSS Cleveland chapter outreach coordinator, Mr. Sachin Deshpande.





## Akshaya Patra Foundation: Nourishing Minds, Transforming Lives



In a world where the shadows of hunger often obscure the path to education for millions of children, a beacon of hope emerges in the form of India's Akshaya Patra Foundation. Founded on the profound belief that no child should be deprived of education due to hunger, Akshaya Patra has blossomed into the largest mid-day meal program for school children worldwide.

With an ambitious mission to provide daily meals to 3 million children by the year 2025, Akshaya Patra has already achieved significant milestones on its journey. Operating 72 state-of-the-art kitchens across India, the organization

currently serves a staggering 2.2 million children each day, with the capacity to expand its reach and provide 3.0 million meals daily.

Recently, the United Nations recognized Akshaya Patra for its monumental achievement of delivering the 4 billionth meal on April 2, 2024. This milestone serves as a poignant testament to the foundation's unwavering dedication to addressing the intertwined challenges of hunger and education.

Akshaya Patra USA has raised a commendable \$15.5 million, orchestrating 78 events. The Ohio chapter of Akshaya Patra has been particularly dynamic, hosting two successful events in 2023. One event, featuring the esteemed chef Sanjeev Kapoor, was graciously hosted at the residence of Sangita and Dinesh Bafna. Another event showcased the prodigious talent of Tanmay Chaturvedi at the Maltz Performing Arts Center in Cleveland. Moreover, Akshaya Patra has embarked on a noble initiative of food recovery, redirecting surplus food to communities in need. During a time of crisis, the foundation provided 2 truckloads of Gatorade to East Palestine following a train derailment.

Akshaya Patra USA has also established a Youth Ambassador program

with the goal of showcasing what Akshaya Patra can do for youth and providing young individuals with an opportunity to learn the importance of volunteerism, gain a national stage for their talents, and develop leadership skills. Currently, there are approximately 350 active youth ambassadors nationwide who have organized 65 events across various chapters and raised \$452,000 in 2023. The Cleveland Ohio chapter launched its Youth Ambassador program with an inaugural event on April 14, 2024, at the Shiva Vishnu Temple. The overwhelming support received, with approximately 15-20 youths joining, underscores the community's dedication to the cause and the potential for Akshaya Patra to impact the lives of American youth.

In 2023, the Ohio chapter raised an impressive \$721,620.82. Notably, Cleveland spearheaded an initiative to fundraise for food delivery vans, crucial in ensuring the timely delivery of hot, nutritious meals to school children. This initiative garnered substantial support, with funds raised for six delivery vans (\$25,000 each). Generous contributions from individuals such as Bhavesh & Pintu Patel, Vipul & Ankita Patel, Monte & Usha Ahuja, Munna & Archana Agarwal, and Sadharam & Nita Patel have propelled Akshaya Patra's reach within the community.

The Cleveland community's steadfast dedication to the cause is evident in the establishment of a dedicated community van, further enhancing the foundation's capacity to provide nutritious meals to those in need.

As Akshaya Patra continues its tireless efforts to combat hunger and promote education, its impact reverberates not only in India but also transcends borders, exemplifying the transformative power of collective action in creating a world where no child goes hungry. To learn more about Akshaya Patra or join the movement, please visit [www.akshayapatra.org](http://www.akshayapatra.org).



## Medical Yatra 2024 (MY-2024) Report

We are happy to say that the number might be a little more than this, as many were seen after registration was closed in most of the locations.

In each camp, the local organizations such as local Rotary clubs, Panchayat, and public health centers (PHC) organized the camp arrangements under the guidance of RCMW. They provided meals and/or snacks to the patients and all volunteers at appropriate times. All the beneficiaries were screened for chronic illnesses and were provided free medicines, counseling, and education. The MY 2024 clinical volunteers team consisted of Internists, Family practitioners, Gynecologist, Nephrologist, Pediatrician, Intensivist and Surgeon serving as primary care providers, yoga therapists, Residents and aspiring medical students. Nonclinicians volunteered for registration, triage, coordination of travels between camps, meals organization, monitoring dispensing of medications, and camp items, and did not leave an area where they did not help. We were very fortunate to have the team, supporting each other everywhere. It was more a MY-2024 family than a working team.

Yoga therapy by our volunteers on-site was provided to the appropriate patients and guided home exercises to continue at home. This service made a big difference in raising awareness about health conditions with a plan to work on for patients while taking some burden off the caregivers, and it was much appreciated by the community and all. RCMW coordinated the stay, travel, and meals for the MY 2024 volunteers and AIPNO-MY shared the cost for the above expenses. MY 2024 volunteers contributed \$450 per person towards their travel expenses during the yatra in India.

Apart from volunteers from MY team from USA, about 500 Rotarians from different Rotary clubs, Rotaractors, and local nursing college students all volunteered to make the camp very successful and a community event. Medical Yatris truly appreciated the volunteers for their Tamil language translation support, which made our mission work possible. RCMW supported MY 2024 with 3 special buses with equipment to screen Cardiac, Cancer, and Dental ailments and also a mobile lab available during the camp days.

This Medical Yatra 2024, conducted in the state of Tamilnadu, was very well received and appreciated by all patients, camp organizers in Tamil Nadu. Our Medical Yatris felt this was a very rewarding experience despite being tiring, with the number of patients seen each day by the providers and the travel to different sites almost every day.

### Medical Yatra 2024 (MY-2024) Report



Pudukottai Volunteers and MY2024 volunteers



MY2024 & Pudukottai teams



MY2024 & Neyveli Rotary and Lions Teams







## 2024 Regional North South Foundation Contests (Cleveland Chapter)

By Malar Lakshmanan

Igniting young minds, as young as kindergartners, to empower every participating child in high, middle, or elementary school, to achieve their maximum potential is the primary objective of the educational contests hosted by North South Foundation. These academic contests are conducted in 2 phases every year – regional chapter level contests culminating in a national contest in summer, and include a range of contests in spelling, vocabulary, math, science, public speaking, Geography and many more. This year, Cleveland Chapter contests were held successfully at The University of Akron on April 6th and 7th, with 122 students registered in 7 different contests across multiple grade levels. Anxious children accompanied by nervous parents trickled in, on Saturday morning to check-in for their respective contests. Busy volunteers moved swiftly between rooms to make sure everything was set up to work smoothly, ahead of the contests. Anticipation and anxiety among contestants were so intense and thick, you could slice the air with a knife. Some children and their parents were sitting in nooks and corners trying to do last minute preparations while others paced back and forth, tensely. When contests began, younger children

walked into their rooms accompanied by nervous parents, checking multiple times that their child's pencils were sharp, erasers were in full, clothes in order and were seated in the right place. When asked to, parents began to leave unwillingly, doubling back multiple times for one last worried look at their child helplessly, until the doors closed after them. The contest in every room began in earnest with the coordinators and judges conducting the competition with rigor and discipline. Vocabulary Bee followed by Geography Bee, then Computer Science Bee with Spelling Bee and Public Speaking Bee ensuing in order, all rolled out smoothly one after the other, a testimony for the active engagement of volunteers, parents, and contestants alike. Sunday contests witnessed the same passion and culminated in an exciting awards ceremony. Winners left, wearing their pride on their sleeves and other contestants walked out, more determined to return with vengeance and better preparation the following year! Volunteers headed out exhausted but satisfied with the weekend work of lifting 1 child at a time higher than in the previous year!

## AP Yappie Volunteers

By Gauri Masurekar

Meera, the youth ambassador for the Akshaya Patra Cleveland Chapter, hosted a food booth at the NorthEast Ohio Marathi Mandal Annual Fun Fair on Saturday, May 11th, held at Solon Middle School gym. The NEOMM Fun Fair event today was a tremendous success! Meera raised funds to support meals for a year for 65 underprivileged kids. Thank you Ketan Parekh and Krish for making the trip from Columbus to show the support. A shoutout to Deepa Rao and Anika Rao another youth Ambassador for AP for their help at the booth. Mr. Eddy Kraus, Mayor of Solon thank you for always supporting various community initiatives and encouraging solon residents to be their best. And, most importantly, a special thanks to all the supporters who generously donated for the cause. (Ritu Mahna, Seema Sharma, Sharad Wankhade, Kavita Daga, Nilesh & Poonam Kulkarni, Vimmi Borkar, Debasis Sahoo, Ruchi Yadav, Neha Mitra Mishra, Rani Gavankar, Dharmesh Mehta, Hetal Mehta and many others).



## CCWA Academic WorldQuest



National Academic WorldQuest competition in Washington, D.C. Sponsored by the World Affairs Councils of America. This was after they won the Cleveland

In April, Aditya Rao along with three of his classmates represented Avon High School at the national Academic WorldQuest competition in Washington, D.C. Sponsored by the World Affairs Councils of America. This was after they won the Cleveland Council on World Affairs, state based inter school challenge. Academic WorldQuest tested students' knowledge of geopolitics and offered participants access to experts from the State Department, NATO, the Department of Defense, and more. While the team didn't place in the top three, they held their own and had a great experience!

## Aryan Agarwal - heading to the National MATHCOUNTS



Aryan Agarwal, 8th grader from Aurora city schools was one of 4 Ohio middle school 'mathletes' heading to the National MATHCOUNTS competition in Washington, DC in May 2024. Aryan has progressed from School to Cleveland Chapter to OHIO State level competitions to reserve a spot for himself in Ohio MATHCOUNTS National Competition.

### About MATHCOUNTS

MATHCOUNTS is a non-profit organization that provides grades 6-8 extracurricular mathematics programs in all U.S. states. Its mission is to provide engaging math programs for middle school students of all ability levels to build confidence and improve attitudes about math and problem solving.

The Competition Series is a very prestigious middle school Math competition and is divided into four levels: school, chapter, state, and national. Students' progress to each level in the competition based on performance at the previous level. As the levels progress, the problems become more challenging.

National Level: Qualifying students and coaches receive an all-expenses-paid trip to the national competition. The competition typically lasts 3-4 days on Mother's Day weekend. The coach of the state team is the supervisor for the team. The students compete individually for the title of national champion. They also compete as a team to represent their state. Scholarships and prizes are awarded to the top individuals and top state teams.





## Akron Aruna 5K Run Interview with Thara Douglas

By Deepa Rao

**Deepa Rao : “Can you please tell me about yourself.”?**

“I am a second-year undergrad student at the University of Cincinnati pursuing degrees in both Biology and Neuroscience. I plan to attend medical school to become a Sports Medicine Physician after college. During the



school year, I volunteer at the Infusion Center at a nearby hospital and help with an organization called Shoes 4 the Shoeless which provides shoes to students in need. I am also Co-President of a club called GlobeMed that helps raise awareness about public health issues and we raise money for our international

partner Social Action for Women and Children (SAW) based in Mae Sot, Thailand. SAW helps Burmese migrants by providing them with housing, education, healthcare, and more and this summer I have the opportunity to go to Thailand for seven weeks and help students with their college preparation and studying for the GED. Lastly, in my free time, I love to read or run. I ran cross country and track from a very young age and running is still a huge part of my life today as I train for my first marathon.”

**Deepa Rao: “How did you get this idea and tell me about your vision?”**

“One of my dad’s colleagues came to him about the Aruna Race series because he is an avid runner and told him to look into participating in one. When he went to the website, he saw that there was a form to fill out to host a race in your area to help raise money for Aruna that is used to help free women held in the bonds of human trafficking. He hosted a run in 2020 which ended up having to be virtual due to COVID. Then in 2022 when I was a senior in high school, he passed the reins to me and encouraged me to spearhead hosting the race myself. Being Indian myself really pushed me to want to work with Aruna because knowing the money was being used to help women in India hit close to home. I’ve heard so many stories about human trafficking there but also here in the states and knowing that I can help facilitate change in the lives of others is extremely motivating. The

women deserve a second chance at life and Aruna provides them with the means to do so through their freedom business. My vision for the Akron Aruna Run is to have it bring people together that are passionate about a common cause and having it grow each year. Just in the past two years we have raised over \$20,000 for Aruna and I hope each race is a means to give back even more. The money isn’t everything though, I believe educating others about the reality of human trafficking is also equally as important in this journey towards reform. People can’t help if they don’t know what is going on. I hope the Akron Aruna Run inspires others to step out of their comfort zone to improve our world and talk about the things that may make us uncomfortable. These uncomfortable truths are the start of a step towards freedom for the millions being trafficked in our world today.”

**Deepa Rao: “Can you please share insight about the recent event ( Aruna 5k run)”?**

“The 3rd Annual Akron Aruna 5k was a huge success. We had a total of 240 participants, which is over 100 more than last year and raised a total of \$17,000 from registration, donations, and remaining sponsorship funds. We had seven sponsors who helped cover the costs of the race and over 70 people donated to the cause. This money will flow into Aruna’s training centers in India. Here the women looking to escape the bonds of human trafficking receive a hot meal, counseling, and a roof over their heads. Once the women choose freedom through Aruna they begin their training in the freedom business where they help create handmade athleisure with other Aruna Artisans. We are extremely grateful to be able to directly impact the lives of the women seeking help and this race also gives us the means to educate others about the atrocities going on in this world. I encourage everyone to take that first step to help those in need. Even a small gesture can be the catalyst for bigger change in the lives of those around you. We hope to make an even bigger impact next year and are eager to see what the future holds for the Akron Aruna 5k.”



## Cleveland Color Walk

**Location : Lakewood Park**

**Date : Sunday, June 30th, 2024 starting at 10:00 AM**

Get ready to immerse yourself in a celebration of colors and imagination, as the Cleveland Color Walk is happening at Lakewood Park on Sunday, June 30th, 2024 starting at 10:00 AM. This special occasion guarantees a day brimming with excitement, cultural diversity and community support.

Taking place in Lakewood Park at 14532 Lake Avenue, the Cleveland Color Walk invites individuals to participate in a showcase of inclusivity while backing a noble cause. This year we are proud to support #FosterCare as the chosen charity for the walk. All proceeds collected during the Color Walk will directly aid #FosterCare’s mission of offering assistance to children in need. Our target for this year is to raise \$15,000 for #FosterCare.

The Cleveland Color Walk is orchestrated by the South Asian Leadership Group of North-East Ohio. We are a team of high school students from schools near the Cleveland area who gather monthly to coordinate fundraisers and engaging events similar to this one.

For details regarding the Color Walk and ticket acquisition please check out [www.clevelandcolorwalk.com](http://www.clevelandcolorwalk.com) or contact 216-789-5058. To learn more about #FosterCares initiatives visit [www.hashtagfostercare.org](http://www.hashtagfostercare.org).

Don’t miss out on being a part of this event! We look forward to seeing you there!  
“Shaurya Chowdhry - Member of SAJE Leadership Club “

THE CLEVELAND SOUTH ASIAN YOUTH LEADERSHIP PROGRAM PRESENTS

### CLEVELAND COLOR WALK

Sunday, June 30, 2024 10:00am-noon)

(check in begins at 9:00)

Lakewood Park - Kiwanis Pavilion  
14532 Lake Ave, Lakewood, OH 44107

\$25.00 per person \*early bird\*

[clevelandcolorwalk.com](http://clevelandcolorwalk.com)

ALL NET PROCEEDS GO TO

**#FosterCare**



REGISTER AND  
FIND INFO HERE



@ Clesouthasianyouthleadership

Partnered With **Cleveland** **Indian**





## The Fear of Missing Out : F.O.M.O.

By Rakesh Ranjan, MD

### Shivam's Story

Shivam has just messaged Trevor back on Instagram and has agreed to attend the baseball game with him tonight. But, just ten minutes later, Uma sent Shivam a Snapchat; finally inviting him to a night out with her friends – tonight! In either case, Shivam could have had an enjoyable time, but the fear of missing out (FOMO) on the unchosen option looms over his mind. If Shivam chooses to go out with Uma, he may feel as though he has made the wrong choice. What if Shivam sees in a Facebook post that Trevor caught a home-run ball; could Shivam have been the one to catch it if he had gone? Now likewise, if Shivam chooses to go to the baseball game with Trevor, he may also feel FOMO for not having gone on the date with Uma. What if she posts a photo of her with another guy?

In both cases, Shivam is fantasizing about a better situation in either scenario. This is the core of what makes FOMO so impactful. In these moments, the person experiencing FOMO is focusing on what they lack, rather than what they have. With each option Shivam chose to think about the other, not living in the present moment. Planting the seeds of regret.

### What is FOMO?

The fear of missing out, or FOMO, is a new-age label for potential self-envy. It is the perception that others are partaking in activities that are more desirable than your own: activities that you, yourself, could be participating



in but are not.

The idea that we will be missing out on something by choosing to do something else is innately pessimistic. Options will always be present. Sometimes, the route we must take is clear, and other times, we must make difficult decisions.

To prevent turmoil within our own minds, we must find ways to become content with the choices we make. The popular dictum, "to live life with no regrets" is the antithesis of FOMO and preaches a more optimistic approach.



### FOMO and Mental Health

FOMO is a mental health concept, not an illness. However, if FOMO is left unchecked, it can result in anxiety disorders that get embedded more deeply into the minds of their holders. It can also lead to depression.

If you consistently convince yourself that you are making incorrect decisions, then you may become unable to make decisions at all. You would experience extreme difficulty in coping with the finality of making a choice and potentially become unable to make one.

FOMO is difficult to avoid these days with information overload engulfing us. Our modern world is enveloped with content from our own lives, and from the lives of others, shared publicly for all to see. When each of us share and see, we oversaturate our minds with options and alternatives. Simply stepping back from social media could be the necessary remedy to FOMO.

## Abhyanga

By Vd Sunita Chugh BAMS, MPH

Abhyanga is a form of ayurvedic massage that involves massaging the whole body with warm herb infused oils. The oils are cooked with herbs depending on the doshas that need to be balanced. According to ayurvedic texts Bruhat trayi and Laghutrayi, abhyanga is a part of dinacharya (daily practices) to maintain a healthy body and mind. It can be done as an independent therapy for various ailments or as rejuvenation therapy. Also, it is done as part of Panchakarma in the first stage which is called purva karma (pretreatment). Panchkarma is a five fold therapy used to cleanse, rejuvenate the body and mind over a period of 3 to 21 days depending on healing needed. Abhyanga is often followed by swedana therapy or a warm bath.

Abhyanga is way different than Swedish massage or deep tissue massage which focuses primarily on muscles. Firstly abhyanga is done with warm herb infused oils to balance the doshas. It's another important function is to stimulate the lymphatic system and marma points. Marmas are the points on the skin where there is a strong connection between consciousness and physiology. Marma points contain all three doshas- vata, pitta and kapha. There are different types of abhyangas. Some of which i offer are -

Sarvang Abhyanga - Full body ayurvedic massage.

Shiro Abhyanga - Ayurvedic head massage.

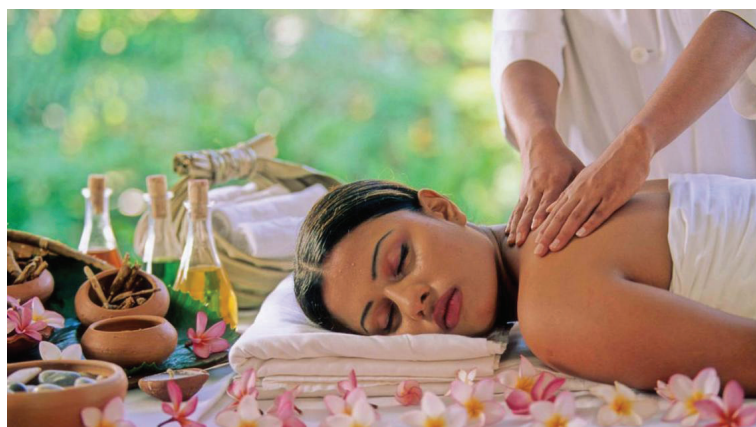
Pada Abhyanga - Ayurvedic foot massage.

There are certain rules to follow before you do abhyanga. Abhyanga should

not be done on a full stomach, if you have indigestion, onset of fever, pregnancy, menstrual cycle or during any acute illness or medical condition.

Benefits of Abhyanga are manifold. It strengthens the joints, nourishes the dhatus (body tissues), and balances the aggravated doshas. It helps in opening the minor strotas (micro circulation), remove the ama (toxins) and help in mobilizing it to the gut from where it is excreted. This way it helps in detoxification. It stimulates the internal organs and thus speeds

up the metabolism. It brings deep relaxation to the body and mind by reducing stress, aids in reducing blood pressure, improves skin health, reduces muscle stiffness and promotes lymphatic drainage. Abhyanga increases blood circulation, heals dry itchy skin and other skin conditions. As it calms the nerves it leads to good quality deep sleep. It Nourishes the entire body hence decreases the effects of aging. I always tell my clients as cars need servicing for optimal efficiency, Abhyanga is our servicing must for optimal physical and mental health.



Sunita Chugh is an ayurvedic consultant working from Studio 83 in AvonLake and StellaLuna therapy in Middleburg Heights. She offers consultation and many ayurvedic services.

<https://stellalunatherapy.com/ayurveda-cleveland/>

If you have any queries email: [ayurveda.satnam@gmail.com](mailto:ayurveda.satnam@gmail.com)

WA - 551-208-5935





## Artist Nirali Shah-Schrader

By Mrs. Pushpalatha Venkataraman

**1) Mrs. Pushpalatha "Can you please tell me about yourself, your childhood, your growing up."**

"My name is Nirali Shah-Schrader and I am an Asian Indian-born artist. My childhood was easy and very active. I was always extroverted since childhood and loved to socialize and connect with people. My mom was also an artist so I always learned a lot of things from her. She was also a teacher so that love of art and teaching from her really inspired me."

"I moved to America in 2007 to earn a double master's degree in education and graduated from the University of Akron in 2012. I had already earned a master's in Botany because of my interest in science. I taught science in India, and then general education in the U.S. Working as a teacher helped me realize that I wanted to continue to instruct and inspire but in a more creative and even spiritual capacity. After six years I started my own business, Akron Henna Art, with inspiration from the city where I completed my education and launched my new career."

"In order to make a positive difference in the world, my goal was to help share joy and heal people through my unique, hands-on art forms. My childhood was easy and very active. I was always extroverted since childhood and loved to socialize and connect with people. My mom was also an artist so I always learned a lot of things from her. She was also a teacher so that love of art and teaching from her really inspired me."

**2) Mrs. Pushpalatha: "When did you start doing henna? Tell me all about your interest in henna."**

"I am a professional henna artist living in Akron, Ohio. My first brief experience with henna started when I was 8 years old. My parents sent me to a salon to learn about henna. They really wanted their child to be well rounded as they both were too. After that, I loved putting henna on my friends and cousins during different functions. I personally see it as a nice way to connect with anyone. I love the temporary, organic nature of the art form, and the connections it can often create. Henna is not simply an artform to me, it's also the connection, happiness and joy it brings to me and others. I'd also like to mention that I make my own, all-natural, henna paste mixed with essential oils to further enhance henna's ability to stain the skin. What I call chemical henna, is not all-natural, is typically black in color and uses a harmful chemical to help stain the skin. I always urge people to avoid this alternative 'black henna' found in many places."

**3) Mrs. Pushpalatha: "How did you come up with the idea of applying Henna on cancer patients?"**

"After deeply studying the benefits of henna, I realized it may have more

to offer. There is some information that henna might decrease the growth of tumors, prevent or reduce spasms, decrease inflammation, and relieve pain. Henna contains substances that also might help fight certain infections. On top of that, I found henna proven to be an astringent, which may help to reduce signs of aging, wrinkles, and fine lines. It is also used to reduce blemishes, dark spots, and scars on the skin. Its antiviral, antibacterial, and cooling properties also make it useful for treating wounds, sunburns, and skin rashes. It is a totally natural, plant-based dye."

"I started the Henna Crown project as a tribute to my parents. I saw first-hand what they went through as they both suffered and passed from cancer. There is difficulty for anyone going through this challenge, when faith and courage can be tested to the extreme. The Henna Crown in my mind helps to bring back these things, a new representation of courage, beauty and strength that the person can draw on. Every person going through the cancer battle has a beautiful warrior spirit inside and I hope they can see that with my help so they can carry on in their best way."

**4) Mrs. Pushpalatha: "Apart from Henna, I see you are very creative. What are your other habits and interests?"**

"I love teaching and making my art in different ways. I also lead art classes on behalf of Access the Arts, a non-profit, with the Medina Juvenile Center to share a new artistic expression with kids so they can learn how to create works of art under my guidance. Some recent creations that I am proud of include a one-of-a-kind, hand painted and decorated door which was displayed alongside several others at the First Congregational Church in Akron, to recognize and support LGBTQ+ and diversity in the community. The piece was inspired by my mandala-style art which is a favorite and is expressed in many mediums from customized art works to brides-to-be in traditional Indian weddings. Then in 2021, my mandala art was showcased among 15 other artists for the city of Stow as a beautification project. My wood-work was digitized and then turned into a vinyl wrap to be displayed on light boxes at intersections. My goal was to use bright and cheery colors to help bring positivity and joy to those who see it along their travels. The work was highlighted by a visit from city of Stow Mayor John Pribonic and follow up articles in the Stow Sentry, Akron Beacon Journal and the Good Morning Cleveland news program. This city beautification project was appreciated so much that the city of Stow selected me as a finalist to display a public work again in 2022 and again in 2023. All of these different art forms interest me but on the same level of love is my interest in dancing. I've been classically taught in Bharatanatyam which I still enjoy but just having fun with modern dance and music makes my heart soar!"





## News from Sree Venkateswara Temple - Richfield

### Recognition - Mrs. Sundari Chilukuri By Dr Kamala Adury

Sundari Chilukuri was recognized on May 5, 2024 by the Board of Trustees of Sree Venkateswara Temple for her outstanding service for 10 years as a Volunteer Teacher for the children of our community. The Temple recently celebrated the completion of 10 years of Gurukulam teaching program, now called Gurukulam. Sundari Chilukuri has been involved with the program since the beginning and has been instrumental in building the curriculum of Gurukulam. Gurukulam starts the Sunday after Labor Day weekend and ends in May of every year. The program is all set to enter into its second decade of teaching and will be accepting new students.



## Recipe Corner



### Cabbage and Egg Burji by Madhavi Kasturi Kesari

1. Add oil, jeera mustard, turmeric, onion and ginger garlic like any other curry.
2. Add 1 lb cabbage, let it cook for a while until all the water is absorbed, add salt and chili powder.
3. Add eggs (I added 6), sprinkle salt on eggs too. Don't break them yet. Cover with lid for 5 min.
4. Turn the eggs upside down then cook for another 5 min. Now you can break them.
5. Let all the moisture evaporate then add dhaniya, Garam masala powder. Cilantro optional.



## FICA Essay Writing Workshop by Dr. Gopal Nadkarni

“College Essay Writing – A Hands on Workshop ” On May 05, 2024 FICA hosted a college essay writing workshop for middle and high school students from NE Ohio Schools at the North Royalton Library. The workshop was conducted by Dr. Gopal Nadkarni from the University of Akron. There were 10 students who attended and got the benefits of learning how to write better essays. Over 25 students had signed up but did not show up, and we hope they will reconsider bringing the children to such informational workshops, since it is clear that the students benefited enormously on how to approach essay writing. The workshop focused on “finding the students’ voices with their own words and shared experiences’ “. It inspired the students to examine how great writers approach the topic of writing through originality, having excellent structure and narrative as well as weaving in powerful emotional storytelling to capture the reader’s attention. The students critically examined poorly written essays and rewrote them, as well as shared their thoughts on how they could use their “life -learnings” towards writing a compelling essay with a powerful start, solid middle with a strong ending. Students gave a lot of positive feedback after the class, with one student capturing the general sentiments expressed in this manner “ I really enjoyed this session.. I was able to learn a lot of strategies for essay writing and how to make my writing unique. The instructor was engaging..”

## Recognition



Mr. Jitender Singh Shunty received Padm Shri for his services in Corona Times. Took care of over 15000 bodies and ambulance services. Ritu Mahna met with Mr. Jitender Singh Shunty.



# LEADING WITH LOVE.

**Celebrating Diwali by bringing light to struggling Lesbian, Gay, Bisexual, Transgender, Queer + individuals and their families in our Indian Community**

PFLAG is creating a caring, just, and affirming world for LGBTQ+ people and those who love them. Our chapter has been active in this effort since 1985.

CONFIDENTIAL SUPPORT + EDUCATION + ADVOCACY + OUTREACH + COMMUNITY AWARDS + SCHOLARSHIPS  
to learn more: [www.pflagcleveland.org](http://www.pflagcleveland.org) email us at: [mail@pflagcleveland.org](mailto:mail@pflagcleveland.org)





## Personal Growth Series

### The Effective Communicator

Tips, tricks, and techniques to deliver memorable messages that inform, persuade, entertain, and inspire audiences.

#### Episode 3 (May 2024) – Our Authentic Voice

In the last two episodes, we have covered what public speaking is and how we can organize our material for a conversation/speech/presentation. Now, let's talk about how to use our voice to keep words and emotion congruent to connect with our audience and deliver a purposeful message with care and confidence.

Close your eyes. Think of someone whose message was unforgettable and presenceful. Now, think of what made it so. Chances are, it was a combination of their research, ineliminable passion, careful choice of words and unapologetic delivery of those words, and the authenticity of their voice - they meant what they said, they believed in its value, and lastly, they made sure part or all of it was relatable to you and me.

Trust may not be the first thing you think of, but it is central to all communication. The information you share and the inspiration you leave

your audience with only go so far without it. It's only when you let your true personality shine through that you establish credibility - better connection with the audience - whether it's just one person or a multitude. Showing your personality does not mean making it about yourself or being unaware of the impact of your words. In fact, it's just the opposite. By fully leaning into yourself, you are bringing out your best while staying open to dialog, conversation. You are learning and taking away from the interaction as much as you are pouring into it.

Remember, what you say and how you say it matter more than you think. The world is waiting to experience your thoughtful, intelligent, and compassionate voice. Make it count!

The power of body language is next. Stay tuned...

Happy Speaking!

Contributed By Sravanthi Vallampati  
Distinguished Toastmaster  
To learn more, contact [svallampati@gmail.com](mailto:svallampati@gmail.com)  
Visit <http://www.toastmasters.org>



## Spring Dance Works Series by Cleveland Public Theater

The Cleveland Public Theater's Spring Dance Works series presented two unique and stunning productions. During the fourth week of the Double Bill series, two dance groups showcased their extraordinary creations.

Blakk Jakk Dance Collective's "Sankofa/Joy," a contemporary dance piece, told the powerful story of a Black American who, while filming a TikTok video at a sacred burial ground in Ghana, is transported back in time to a North American plantation. The rhythmic dancing wove through a compelling narrative, touching upon the lives of slaves in North America, and delivered a soulful and thought-provoking performance. Following this, Shri Kalaa Mandir presented the Bharatanatyam production "Yin Yang-Dimension of Duality" Sujatha Srinivasan. Performed by accomplished



By Mahima Rao

senior Bharatanatyam alongside Sujatha Srinivasan, the vibrant performance beautifully showcased the fundamental concept of the interconnectedness and interdependence of all things in the universe.

Each piece highlighted intricate patterns of footwork in varying tempos, depicting various facets of the universe, from the dichotomy of Shiva's dance to Radha and Krishna's romantic realm, to the agonizing swings of love and loss. This scintillating visual treat took the audience on a journey of synchronized movements, complex footwork, and elegant poses,

all set to melodious tunes presented in perfect harmony by Shriya, Nithya, Sita, Sweta, Janaki and Shruthi. The Cleveland Public Theater's Spring Dance Works series continues to impress with its diverse and exceptional performances, leaving audiences eagerly anticipating future productions.

## Announcement for Availability of Annual Scholarships

### Announcement for Availability of Annual Scholarships for Higher Education For College Bound Students

The National Federation of Indian American Association (NFIA), the premier Indian American Socio-welfare nonprofit organization is thrilled to announce its first of its kind college scholarship program designed to empower and support ambitious and meritorious college bound students who choose to pursue higher education. This way the NFIA Scholarship program intends to lessen the financial burden on qualifying students and their families. Successfully selected applicants will receive up to \$2,500 per year financial assistance for tuition and other qualifying fees while enrolled in an accredited college, university, or technical school programs (not to exceed a maximum of 4-year period). Renewal of the annual scholarship to the same recipient shall be subject to the annual review of the academic performance of the recipients in conformance with NFIA guidelines.

There are a significant number of merit and merit cum means scholarships available this year that are funded by our sponsors and supporters. These awards are available to qualified Indian American students and/or descendants of people of Indian origin.

Interested applicants may contact any of the following members for further

necessary information and obtain relevant application form to complete and submit for consideration by no later than announced deadline.

You may also access the NFIA website ([www.nfiaweb.org](http://www.nfiaweb.org)) and/or NFIA Scholarship page on Facebook for additional information and/or ongoing updates which will be made available soon for your convenience.

The selected awardees will be awarded scholarships before the start of their academic year (August 2024).

For preliminary inquiries, you may reach out to:

Raj Razdan  
President, NFIA  
Email: [rrazd01@yahoo.com](mailto:rrazd01@yahoo.com)







## A Musical Maestro- Lalit Subramanian

By Mahima Rao

Nestled in the vibrant city of Cleveland, amidst the harmonious blend of cultures, resides a man whose life is a testament to the universal language of music. Meet Mr. Lalit Subramanian, an engineer by trade, but a maestro by passion, whose musical odyssey transcends borders and genres, weaving a rich tapestry of melodies.

From a tender age, Lalit was immersed in a musical atmosphere, coming from a lineage steeped in musical heritage. His journey began under the guidance of esteemed teachers in Pune, Smt. Chitra Subramanian and Smt. Rajalakshmi Pichumani, before delving deeper into the intricacies of classical music under the mentorship of illustrious gurus like Guru Neyveli Shri R. Santhanagopalan and Sangeetha Kalanidhi Smt. T. Brinda's grandson, Tiruvarur Shri S. Girish.

Lalit's passion for Hindustani music flourished under the tutelage of Pandit Mahadev Pednekar, and Pandit Shekhar Kumbhojkar both disciples of Pandit Jitendra Abhisheki. His dedication to mastering ghazals led him to Ustad Anwar Qureshi, enriching his repertoire with the soulful tunes of this poetic genre. His rendition of Marathi abhangs resonates with a deep, melodious charm.

Beyond his enchanting vocal performances, Lalit Subramanian is a percussionist whose rhythmic mastery adds depth and dimension to his musical repertoire. Trained in Tabla under the guidance of Pandit Anand Godse of Pune, Lalit's passion for percussion led him to delve into Mridangam, a South Indian percussion instrument. Under the tutelage of his cousin, Shri Vijay Shriram, a disciple of Shri R. Ramesh and grandnephew of the renowned Guru Karaikudi R. Mani, Lalit continues to expand his skills, blending his vocal expertise with a profound understanding of rhythm.

His love for music knows no bounds, leading him to master not only Carnatic and Hindustani classical music but also Western music, showcasing his prowess on instruments like the tabla, mridanga, harmonium, violin, saxophone, drums, and keyboard. His versatility and skills have earned him acclaim not just in India but also across the globe on international stages.

Lalit's musical journey is adorned with accolades, including a Sangeet Visharad (undergraduate) degree with a gold medal in Carnatic vocal music. He was also recognized as a Yuva Wani artist (junior) with All India Radio, Pune, for his mastery of Hindustani vocal music. Lalit's versatility shines through as he has lent his voice to a Marathi film and is celebrated for his solo performances as well as his collaborative ventures across various genres. His work as a composer has garnered him critical acclaim, along with performances at prestigious venues

such as the Kennedy Center for the Performing Arts in Washington, D.C., the American Dance Festival in Durham, NC, the Krannert Center for the Performing Arts in Urbana, IL, and the Walt Disney Concert Hall in Los Angeles, CA, among others. Every year, he is a prominent presence at the prestigious Thyagaraja festival celebrated in Cleveland.

This year, at the Thyagaraja festival, Madhuralaya School of Music, which he has founded, participated in a collaboration with another well-known US based Guru Sri Jay Shankar Balan. The production called "Shakti" showcased a compilation of traditional and fusion pieces, alongside performances of the national anthems of the United States of America and India. Paying homage to Lord Ganesha, NS Ramachandran's composition of Sri Mahaganapathe in Raga Abhogi demonstrated his mastery of Carnatic music. The group also delivered soulful renditions of Muthuswamy Dikshitar's compositions, including Sri Parvathi Parameshwarau in Raga Bauli, Sri Varalakshmi in Raga Sri, and Sri Saraswathi in Raga Sawaswathi, as well as Akhilandeswari in Raga Dvijavanthi.

The performance featured an enchanting Navaragamalika Varnam composed by Patnam Subramania Iyer, capturing the vibrant essence of Chennai's music scene. Additionally, Raja Raja Aradhithe in raga Niroshtha, composed by Muthiah Bhagavatar, highlighted the students' musical mastery.

The highlight of the show was „English Note,” composed by Muthiah

Bhagavatar. This instrumental piece, devoid of lyrics, piqued the curiosity of first-time listeners, prompting them to decipher the cascade of sounds. As the melody unfolded, it

instilled a sense of joy, causing toes to tap and audience members to sway in their seats. Lalit's presentation of the composition with multiple instruments demonstrated his proficiency in both Carnatic and Western music.

Legend has it that the inspiration for the "English Note" came from a challenge posed by an Englishman. He challenged Bhagavatar to compose a Carnatic piece that matched the Waltz music he was dancing to. The maestro rose to the challenge, creating this brilliant musical composition, which continues to be sung in many concerts even today.

In addition to his performances, Lalit is deeply committed to music education. As the founder of the Madhuralaya school of music, he imparts his knowledge and passion for music to aspiring musicians, nurturing the next generation of musical talent. Lalit's dedication to music education extends beyond his school, as he serves

as a periodic guest lecturer of World Music at The Cleveland Institute of Music and has conducted master classes at prestigious institutions such as Case Western Reserve University, University of Michigan, University of Illinois Urbana Champaign, and Florida State University.

Lalit and his dedicated group of students are instrumental in the success of various cultural events in Cleveland. Whether it's the Kasturi Kannada Sangha events, the Thyagaraja Aradhana Mahotsavam, Composer's Day celebrations, or cultural events organized by Tamil, Telugu, and Marathi Sanghas, FICA events or Solon South Asian festival. Lalit's musical renditions add a touch of brilliance to the proceedings. Their participation not only enriches the cultural fabric of the community but also ensures that these events are memorable and successful.

Moreover, Lalit's art school continues to benefit hundreds of students, showcasing the lasting impact of his teaching program. Lalit's commitment to his students goes beyond the classroom, as he actively participates in programs with them. He meticulously checks the tuning of each instrument,



installs microphones, and offers guidance to the children. As the melodies reverberate through the hall, a profound silence descends, stirring the hearts of musical connoisseurs and alike in the audience. The harmonious blend of instruments and vocals creates an unforgettable experience for all in attendance.

Despite his musical achievements, Lalit remains grounded in his profession as a Biomedical Engineer, working for a medical device firm. His seamless blending of music with his professional life showcases his unwavering dedication and passion for the arts. Through his music, Lalit Subramanian continues to inspire, captivate, and unite audiences worldwide, transcending boundaries and spreading the joy of melody and rhythm.