



# BHARATI भारती

A Publication of the India Association of Indianapolis, Inc.

Vol. 33 No. 3

A Magazine with a Mission - to Inform, Communicate and Enlighten

July-September 2009

## INDIA DAY 2009

Presented By: India Association of Indianapolis

Date: Saturday, August 15<sup>th</sup>

Venue: India Community Center

- FREE for Members
- \$5 / Person for Non-Members

11:00 am – Meet & Greet

12:00 pm – Entertainment Program

Food & Snacks  
will be sold  
throughout the  
program

Entry forms will be accepted from  
July 1<sup>st</sup> up to July 31<sup>st</sup>

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*Jai Hind*

For Entertainment Form and Booth Info, Visit: [www.myiai.org](http://www.myiai.org) or Call: Sumit Thaker @ (317) 374-7472

India Association of Indianapolis Presents

# Diwali

## The festival of lights

Saturday, November 14, 2009

Murat Centre, 502 New Jersey Street, Indianapolis

Ticket Details in the forthcoming Bharati / E-Bharati Issues

For Sponsorships, contact

Sumit Thaker (317) 374-7472



Visit Our Website: [www.myiai.org](http://www.myiai.org)

## IAI participates in Asia Month

Ninad Thanawala  
ninadthanawala@yahoo.com

May was celebrated as Asian Month and Indian community participated in various events throughout Indianapolis. IAI members demonstrated Indian culture, dances, food and costumes in Indy 500 Parade, Asian Festival, and International Language Fair. Members had the opportunity to express their Indian culture in many ways.

**The Indy 500 Parade** was held in downtown Indianapolis on May 23 to celebrate Indy 500 race which is the most popular event in Indianapolis. Many members participated to show Indian costumes as well as dances. The Parade was about three miles long and about 25 members participated. Thousands of spectators saw the parade live, and many more saw it from their home televisions.

**The Asian Festival** was held at Garfield Arts Center on May 16. Many Asian cultures showcased their art, dance, and dress at the Asian Festival. Participants had the opportunity to perform dances and take part in the fashion show. Along with that, Asian artwork and photography were also displayed throughout the Asia Fest. Visitors were very curious to learn about Indian Dance and the mudras of Indian dances and enjoyed Indian Food and they also learned about India at the booth set up by the Lilly India Network including Mayor Greg Ballard. Special thanks to Apeksha Kishore, Ekta Pandey, Payal Pandey and Natyalaya students for performances and New India restaurant for bringing delicious food.

**The International Language Fair** was held at Indianapolis Metropolitan High School on May 27. Along with other booths for countries, IAI members represented India. Special thanks to my Mom Rupal and my Rekha Dadi from India. Students had the opportunity to learn about India and Indian culture in many ways; they tasted Indian snacks, tried on bindis, and learned to say Namaste, Dhanyavad and created name cards in Hindi. Indianapolis Metropolitan HS is a charter school and the event was organized by senior students. There were 5 booths - India, China, Czech Republic, Cameroon and Mexico. Special thanks to Shivam Bhargava for sharing beautiful displays on Indian Food and regions and artifacts and LiNK (Lilly India Network) for Indian Map and posters. It was a small set up and we got very good response. They were extremely appreciative of us being there and gave us a certificate of appreciation, thank you cards and token gifts.

PS... IAI thanks Rupal Thanawala & Family for the timely help given at short notice. We are proud of you Rupal!

### American Clinical Neurophysiology Society (ACNS) honors Dr. Markand

We are pleased to announce that Dr. Omkar Markand, M.D, a long standing member of IAI, has been recognized for his lifetime contribution in the fields of clinical neurophysiology, electroencephalography and epilepsy by ACNS. He was awarded the prestigious "The Herbert H. Jasper Award" for this year at the ACNS's annual meeting held in March 2009. We take pride in saluting Dr. Markand on receiving this great recognition.

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*Bharati* is a quarterly newsletter of the India Association of Indianapolis, Inc., dedicated to communicate, inform and enlighten the Community and be a forum for fostering Indian arts and culture. It reaches all the Indian American

Community of Central Indiana. Bharati invites advertisements, articles and letters to the editor. Articles should be of general interest and not be more than 600 words. Letters to the editor should not exceed 200 words. Letters should be typed double spaced and must include your name. The editor reserves the right to edit any material selected for publication.

#### **The deadline for receiving articles and advertising for the October-November-December issue is September 15, 2009.**

The advertisement rates are as follows. Please make checks payable to India Association of Indianapolis.

	One Issue	Four Issues	Print + E Top	Print + E Side
Full page	\$300	\$1200	\$1350	\$1325
Half page	\$150	\$ 600	\$ 750	\$ 725
Quarter page	\$ 80	\$ 320	\$ 470	\$ 445
Business Card	\$ 50	\$ 200	\$ 350	\$ 325
Preprinted Full Page Insert - \$220 per issue.				

IAI is not responsible for ad formatting and misprint. Please provide pre-formatted ad to our publisher and verify ads prior to print by request. Business Card size advertisements will be provided free to Non-Profit Sister Organizations.



## The Virtue of Forgiveness

Bal Ram Joshi, Ph.D.  
Garden City, MI 48135  
b9joshi@yahoo.com

I am sure you may remember the time when someone treated you or your loved one unfairly. And when that happened, you wanted that person to be punished for doing so. Not only that, you wanted the punishment to be imparted no matter what the cost. Your prevailing feeling at that time must have been: Justice must be done.

Nothing extraordinary! That's human; and you are one. But do you ever analyze what goes on in your mind until justice is delivered. A rage of anger! Schemes of taking revenge! You had already lost because of the unfair treatment, now you are losing your peace of mind as well. That is additional loss.

Let's look at it from another perspective. Perhaps the offender had no intention of hurting you. Maybe the offender is very remorseful for his/her act. Ask yourself: Can the damage be undone by punishing this person? Most importantly, is it under your control to punish that person? I know that it is very difficult to think from this angle. But for the sake of realizing what I want to say,

could you try to imagine the resultant scenario if you forgive this person? Think for a minute if you could forgive. Does it bring any relative feeling of peace to your mind? I bet you would instantly realize the power of forgiveness. You could find a big difference in the state of your mind before and after forgiving. Just keep in mind that you are not forgiving the sinner for his/her benefit; you are doing it to relieve yourself from the agony you had been experiencing from your revengeful desire. Now that is a separate output that because of your forgiveness the sinner gets a sense of being pardoned and benefits by having less guilt on his/her mind. We are not talking about his/her benefits, but here we are talking strictly about you. By forgiving the sinner, you are able to put an end to the sense of agony you were experiencing right from the time of the incident. After pardoning that person you are mentally able to close that chapter and move forward. With the closing of this chapter goes your agony and stress associated with that.

Forgiveness is a very powerful tool tried by many people enraged with revenge, especially when justice was taking long time to come. It is not for nothing that our religious books always teach us to forgive the sinner.

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## IAI participated in March for Babies Walk

IAI team participated in the March for Babies Walk in Indianapolis on April 26th, 2009. We had great weather conditions for the 5-K walk. Our team raised \$3851 in total, with kudos to Dr. Tumuluri for the top fund raising honors. We were in the top 10 teams for overall team total for the Indiana Chapter. Our sincere thanks to those who were able to participate and donate to this great cause.

.....Wilfred Mascarenhas



## Fall Cultural Programs

The IAI - Fine Arts Committee plans to bring at least two of the following three performing artists to Indianapolis. Dates and other specifics will be available on eBharati in due course. Address any inquiries to Arvind Thakkar (arvindthakkar@att.net)

### Kathak and Oddissi Dancer Yogini Gandhi (in October)



<http://www.yoginigandhi.com/index.htm>  
<http://www.youtube.com/watch?v=INaSqgA7lkQ>

### Ghazal Singer Sudhir Narayan (in September)



<http://www.youtube.com/watch?v=9nBegAyp-qE>

### Sitar Maestro Irshad Khan (in October)

[http://www.irshadkhan.net/intro/intro\\_v9.html](http://www.irshadkhan.net/intro/intro_v9.html)

<http://www.youtube.com/watch?v=rOP4klb8pBE&feature=related>



## Free clinic at India Community Center

First free clinic was held at I.A.I. on 6/7/09 and on 7/5/09. This is going to be repeated on 8/2/09 and every first Sunday of the month from 1pm-4pm. With every one's help excellent health care was delivered. Lot of recipients of health care complemented the Staff and Physicians. Ratio of Six Physicians giving attention per patient can never be seen in a private practice, where you pay for service. Volunteer Kisha Winfrey has posted a picture on the Yahoo GROUP showing six Physicians per patient.

As always thanks to I.A.I. to let us host this event at India Community Center. Our hope is to build this into a comprehensive health care resource for the community. Hindu temple of central Indiana has invited me to be a guest speaker on 7/12/09 at 10:00 am to explain what we are doing and how SEWA can be translated into comprehensive health care for the community.

As mentioned on 6/7/09 and in my proposal parked at the Yahoo group, my hope is that with all of your help, we can make this into a comprehensive community resource. Those of you who are interested in meeting separately and taking this project to the next phase and would like to get involved to take this project to the next phase, please reply thru this  
E-mail or call me at 317-414-4439.  
kalia\_vipin@hotmail.com or visit myiai.org.

Check it out when you get a chance. If you haven't joined yet, Please join here:  
<http://groups.yahoo.com/group/ICHCS>

Thank-you very much!

Sincerely,

Vipin Kalia, MD  
317-414-4439

## In Search of Illumination

In the next few months, we will be celebrating many festivals, and participate enthusiastically in Akhanda Ramayana and other observances of our beloved "Festival of Lights".

In late September, we will have a distinguished visitor, Swami Dharmakirthi, well-known in our community as a scholar of profound insight. She will conduct a workshop on our great epic, the Ramayana. Focusing on the characters of Hanuman and Garuda, combined with their spell-binding stories, we will learn about the symbolic references to Vedantic concepts of microcosmic and macro cosmic realities. She will lead us in practical meditations, explain deeper lessons of the Ramayana, and new ways to shed light on the stress and anxieties of daily life.

For further information,  
please email [alka1.kapur@gmail.com](mailto:alka1.kapur@gmail.com).

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Distinguished Alumni Award Winner 2009 from University of Indianapolis: Beenu Sikand a UINDY graduate who has exceeded expectations in her profession and community has been chosen for a distinguished Alumni Award 2009.

Beenu Sikand '99 has become a leader, role model, and mentor to many Indian immigrants in her community. Beenu serves as an inspiration to many for stepping outside of the box those most Indian women are raised to believe in. She is one of the top Indiana Realtors with Century 21 in residential and commercial real estate. In addition to her success as a Realtor, She has an Insurance Agency and launched 'Guldusta' in 2006, a magazine used as a platform for South Asian businesses. She was not satisfied finding success solely for herself and her three children; she also strives for other Asian families to find success as they make the transition to Indiana. She helps other Indian immigrant families achieve home ownership, obtain jobs, as well as, provides information pertaining to schools, doctors, and other aspects of everyday life. She helps women and kids going through divorces, so they can build a life for themselves. She is involved in different agencies and organizations to help her community. Purpose of this award is to recognize outstanding professional accomplishments or long



standing devoted service in a chosen occupation or profession. The level of accomplishment or service must clearly distinguish the alumnus or alumna among his or her peers. And Criteria of this award is the individual must have rendered service to others in such a direct and profound manner as to have materially improved the quality of life for others over a significant period of time or achieved and sustained a significant regional or national reputation for accomplishments and service in a particular profession.

### Membership Application for the year 2009

Membership is valid from January 1<sup>st</sup> to December 31<sup>st</sup>, 2009

Grand Patrons \$300	Patrons \$150	Family \$50	Individual 1 \$25	Student* \$10	Seniors ** FREE
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**Student\*** = Full Time students enrolled with an accredited university

**Seniors\*\*** = Over the age of 65

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**Please mail check to:**

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(317) 578-4312

**For Family, Individual, Student, and Senior**  
India Association of Indianapolis  
**c/o Rejimon Varghese**  
13148 Turquoise Cir  
Carmel, IN 46033  
(317) 508-9460

## INDIA DAY 2009 - ENTERTAINMENT ENTRY FORM

**Event Date: August 15<sup>th</sup>, 2009 · Sign up date: July 1<sup>st</sup> 2009 up to July 31<sup>st</sup> 2009**  
 Skits, Mimes and performances that symbolize India's Independence are encouraged!

### Guidelines

- **Registrants must submit valid email and telephone # on THIS form for performance confirmation**
- Any Participant, Choreographer, or anyone whose name is associated with an item or wants his/her name to be recognized, MUST BE a member of IAI for 2009.
- First Come, First Served. Form submit deadline: **July 31<sup>st</sup>, 2009**
- No Song Duplication
- No Participant allowed in more than one entry
- Solo performances restricted to ages 14 and above

\*\*\* Coordinator will be contacted to confirm performance. If attempts to contact coordinators fails, those entries WILL NOT be included in the program \*\*\*

For detailed information, please contact **Rita Devnani**: [rdevnani@indy.rr.com](mailto:rdevnani@indy.rr.com), Phone# (317) 573-9662

**Name of ITEM: (more than one item, fill in separate entry forms)**

**Length of Performance**  
 (must not exceed 4 min)

**Description of ITEM: (attach a separate sheet if you need more space)**

**Stage Setting (lights, curtain, musical instrument, etc.)**

**Participants Info: (more than 6 participants, attach a separate sheet)**

	Name (First name Last name)	Member #	Age		Name (First name Last name)	Member #	Age
1				4			
2				5			
3				6			

**Choreographer/Coordinator Information:**

<b>Name:</b>	<b>Member #</b>	<b>Phone #</b>	<b>Email:</b>

**Signature:** (Form must be signed and dated to make the entry valid)

**Date:**

Mail the completed form to: Attn: Rita Devnani, 12144, Bayhill Drive, Carmel IN 46033  
 Or Email the completed form to: [rdevnani@indy.rr.com](mailto:rdevnani@indy.rr.com)

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## Is only “Desi” girl in limelight?

*Ram S. Ravindran*

Last year the most popular “dance” music song was “Desi girl” from the movie “Dostana”. It is not only the desi girl that is popular but lots of other desis are in the limelight nowadays. Before I write about other desis let me dwell on the word “desi”.

Desi refers to British or American emigrants from India, Bangladesh and Sri Lanka. It may even apply to first generation Americans born to desis. This word is even mentioned in ancient Natya Shastra. In it, it refers to the regional music and culture as opposed to classical all national music and culture (margi).

Let us look at who are all the desis in the limelight now Fareed Zakaria, the journalist who has written many incisive articles in the news magazine Newsweek. He is also the host of the informative CNN TV show called GPS.

Sanjay Gupta, the neurosurgeon, who is the “go to” doctor on any health issue for CNN

Padma Lakshmi -She is one of the judges in the reality show “Top chef”

Anoop Desai who became the unusual 13th selected member of American Idol 2009

Kal Penn who is the Hollywood liaison to White House

Meera Nair, Deepa Mehta, the prominent movie directors who are also academics (teaching acting & producing courses) in the Ivy League colleges.

Manoj N(Night) Shyamalan of “ the Sixth Sense” fame.

Rajeev Motwani, the Stanford Professor, (who died recently in a swimming accident) who taught the top two guys of Google Company how to do data mining.

Abraham Varghese, the Stanford medical professor, who became famous for his reporting on HIV in rural America in his famous book “ My Own Country”

Indra Nooyi, the CEO of Pepsi Company

Vikarm Pandit , the CEO of the embattled Citi Bank.

Ajith Jain, the right hand man of Warren Buffet, who might succeed Warren at BH.

Sanjay Jha who runs the only successful component of Motorola and who was one of the highest paid CEOs of the year of 2008.

Kavya Shivshankar, the 8th grader, who became the champion of Spelling Bee ( 2009)

Bobby Jindal, the Republican governor of Louisiana who was picked to give the Republican response to President Obama’s State of the Union speech

Deepak Chopra, the counselor to many celebrities including the late “King of Pop”

Lakshman Satyavagiswaran, the chief medical examiner of Los Angels County, who performed the autopsy on the late Michael Jackson the King of Pop music.

Jeeve Singh, the son of Milkha Singh, the golfer who puts the flag of India in various famous golf tournament scoreboards (Vijay is from Fiji) including the Masters and US Open.

Anju Bhargava as the member of a faith-based advisory council of the White House. The Faith council is part of the White House Office of Faith Based and Neighbourhood Partnerships.

The Indian actress Noreen Dewulf from Pune (first generation Indian American) whose credits include West Bank Story, Ocean 13, American Dreamz, and The Comebacks. DeWulf has worked in television where she recurred on 90210 and Girlfriends, as well as guest starred on Reno 911, and CSI:NY.

Numerous writers that include Salman Rushdie, Anita Desai, Jhumpa Lahiri, Gita Mehta, Vikram Seth, Michael Ondaatje, Pico Iyer and many more.

By their achievements in various fields the above mentioned desis make every other desi proud and provide them the inspiration to accomplish great things in life. ❀

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Raju Chinthala webmaster@myiai.org 317-339-7461

## Be Thankful...

... Be thankful that you don't already have everything you desire. If you did, what would there be to look forward to?

... Be thankful when you don't know something, for it gives you an opportunity to learn.

... Be thankful for the difficult times, during those times you grow.

... Be thankful for your limitations, because they give you opportunities for improvement.

... Be thankful for each new challenge because it will build your strength and character.

... Be thankful for your mistakes, they will teach you valuable lessons.

... Be thankful when you are tired and weary, because it means you've made a difference.

... It's easy to be thankful for good things. A life of rich fulfillment comes to those who are also thankful for the setback.

... Gratitude can turn negative into a positive. Find a way to be "thankful" for your troubles and they can become your "BLESSINGS"!

Submitted by Dr. Mohini Ahuja

### IAI 2009 – Events

August 2, 1pm-4pm - Free Clinic at ICC

August 15th – India Day, at ICC

November 14th – DIWALI, Murat Centre

November 20-22- International Festival  
West Pavilion, Indiana State Fairgrounds

December 31st – NEW YEAR Hungama