



# BHARATI भारती

A Publication of the India Association of Indianapolis, Inc.

Vol. 31, No. 1

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

January-February 2007

## TREASURER'S REPORT YOUR MEMBERSHIP COUNTS

As India Association ends a busy 2006 and looks forward to an equally busy and rewarding 2007, we thank our members for their support that has helped this organization grow and emerge into a visible and vibrant part of our Indian American community in Central Indiana.

Just to show you how your membership dollars are utilized, I would like to summarize the achievements of IAI in 2006. The Executive Committee brought you some exceptional events. The highlight of the year's events was Diwali 2006; an evening to remember with Kaarunya and his troupe - a rare opportunity to see this rising star perform. IAI created history with the first ever Independence Day Parade on the streets of downtown Indianapolis to celebrate the Indian Independence Day in August. Holi was played in the traditional manner with colors and festivity, bringing the community together in fun and frolic. In addition to these events, IAI's Fine Arts Committee organized several excellent classical music and dance events and assisted the Board of Trustees in sponsoring a memorable sitar recital by Ustad Shahid Pervez.

IAI has begun to partner more with its affiliated sub groups. IAI partnered with the Greater Indianapolis Telugu Association to sponsor a Kaarunya concert in the summer, and with

*contd. on page 4*

### **2007 UPCOMING EVENTS**

HOLI/SPRING FESTIVAL - Sat., March 17

PICNIC - Sat., June 2

INDIA DAY - Sat., August 18

DIWALI - Sat., November 10

## **Happy New Year!**

Hello readers of Bharati, I wish you all a happy, healthy and prosperous New Year. Last year our association organized a lot of interesting programs that were well attended and found to be useful. Hopefully, this year also you will find the activities of your organization beneficial to you. IAI has created a new communication team that is all set to explore the possibilities of including an e-Bharati, a centralized spokesperson and communication team. So if you need someone to talk to your organization (school, office, business) about the cultural and other aspects of India and Indians, you can easily contact the right person. Last year Bharati received several articles for publication from various members. Keep those articles coming. With nearly 2000 Desis we sure should have a lot of experience that can be shared. The work world is changing rapidly. We, who live in the US, may have to compete with global workers (including those from India). Hence it is important that we pass on some of the good values of Indian culture along with the best of American culture.

Quite a few of us having worked in the US for a number of years, have retired or nearing retirement. I would very much like to hear from them some tips on how to become successful in the American workplace.

The new directory of Indian-Americans of Central Indiana should be out pretty soon. More Indian groceries, restaurants have opened up in the city. Lafayette cinemas are showing more Indian movies on a regular basis. Please patronize the businesses that advertise in Bharati. They support the publication of this newsletter. Please support your organization by becoming a member (be it single, family, Patron and Grand Patron) and encouraging your friends to do so. If you become a member early on in the year, you stand to benefit more.. Though you may support the sub-groups with their own membership fees, the IAI is the only organization that gives more powerful contact with the larger American community.

May you all have a fruitful New Year

Ram S. Ravindran  
Editor

Visit Our Website: <http://www.iaibharati.com>



Dear IAI Members

Wish you and your family a very Happy New Year!

Let me thank you for electing me the President of IAI and giving me an opportunity to serve you. I am humbled by the trust you have placed in me.

I, along with members of the new Executive committee, believe in the Vision, Mission and Values of IAI.

**Let's Play Holi!!**

**It's that Time of year again!**  
**IAI presents your Holi Celebration for 2007!**

**Come to the IAI Community Center on**  
**Saturday, March 17th, 2007 from 11am to 3pm**  
**for fun, food, entertainment, music, and of course**  
**LOTS OF COLOR!!!!**

On behalf of the 2007 Executive committee, we are grateful to all the community leaders that created and nurtured this organization and are committed to making it stronger and vibrant. We request your advice, guidance and full support in the coming year to help us achieve our goals. During this term, we have some ideas/plans which shall be implemented. Please visit [www.iaibharati.com](http://www.iaibharati.com) for upcoming events and membership form.

The 2007 executive committee would like to express sincere thanks to members, spouses and family members of all 2006 IAI executive committee for their sacrifices and support. Haresh Gangwani, the President, 2005-2006 IAI Executive Committee worked very hard and set the bar very high and we will continue to maintain it.

Please renew your membership for 2007 and get your friends who are not yet members to become one. Please feel free to contact us if you have any suggestions/comments/input.

*Wishing you all a happy, prosperous and a healthy new year.*

Best wishes and regards  
Raju Chinthala, President, IAI Executive Committee 2007  
[rajuchinthala@gmail.com](mailto:rajuchinthala@gmail.com)

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*Bharati* is a bimonthly 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 March-April issue is February 15, 2007.**

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

	<b>one issue</b>	<b>six issues</b>
Full page	\$300.00	\$1400.00
Half page	\$150.00	\$ 750.00
Quarter page	\$ 80.00	\$ 400.00
Business Card	\$ 50.00	\$ 250.00

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.

## Community Services Page

Sponsored by the **Community Services Group of IAI**

### 2006 at a glance and looking forward to 2007

IAI's now well established Community Services initiative was established in 2005 and remained active in 2006, fulfilling its mission of promoting activities that benefit the community. In 2006, we organized the Visa Camp, Seniors Health Fair, Technology Day and Seniors Nite. The visa camp, seniors events and health fairs are well received and we hope that these initiatives have benefited the community. Technology Day was the first of its kind for IAI and we hope that those who attended would have received some helpful tips and strategies. None of these events would have been possible without the dedicated efforts of our committee members who planned and executed with the help of many volunteers. Many thanks to Sunil Mohandas who left the committee in 2006 and welcome to Manga Rau our newest committee member. Mahesh Subramaniam, Vijay Gombar, Anu Ganith and Kanchana Ishwar along with Manga will continue in their volunteer capacity in the CSG committee for 2007.

In 2007, we hope to continue with the visa camp, and expand on the health fair. The enthusiasm of the physicians who have volunteered their time and efforts has been very heartening, and with their encouragement we hope that in the summer of 2007 we can provide a more comprehensive health program. Other ideas that may come to fruition include a women's forum, youth tutoring and mentoring activities and a Seniors Club with regular meetings and activities. A group of our senior members have volunteered their time to take the lead in making this happen. As always, we look for your suggestions on other initiatives that we can pursue and on ways to make our current offerings more beneficial. Please contact any of our committee members with your thoughts.

### Recently concluded events

The second annual Seniors Gala Nite took place on November 19, 2006 at the India Community Center. Admission was free to all. This year the event started with a 1 ½ hour long wellness screening and physicians discussion forum, followed by entertainment and group activities. Participants from the audience took part in Garba and Anthakshri, reminiscing with the "oldies goldies" songs. The formal entertainment session began with Archana Thaker's students who performed two dance items, followed by Namrata Patel and Nikita Patel who did a Bollywood dance number and finally a music session with movie songs performed by M.S. Anand, Vijay Gombar and Kanchana Ishwar. Following the entertainment, a complete Indian dinner was served, made possible by several Indian restaurants. From the kind and genuine comments and generous applause from the attendees, numbering about 90, we are certain that the event was a huge success.

This event could not have been successful without the efforts of many volunteers and many thanks to all these individuals.

**Physician panel:** Drs. Priya Sadanandan, Srini, Masoor Kamlesh, Shobashaalini Chokkalingam, Sudha Shankar, Ravi Shankar, Rattan Juneja, Helmut Steinberg, Sanjay Gupta, Aruna Rao, Leela Rau and Sarita Bajpai

**Sponsors:** Dr. Srinivas Vallapuri, Dr. Karamchand Paul

**Restaurants:** Amber Indian Restaurant, India Sizzling, Masala Kitchen, Shalimar and Udipi

**Sound system:**

Courtesy of Carnatic Music Association of Indianapolis, managed by Ravee Dudhlur and Sumit Thaker

**Volunteers:** Archana Thaker, Sumit Thaker, Neeta Parikshak, Minaxi Patel, Sheila Aiyar, Pinkey Shah, Dilip Shah, M.S. Anand, Mahalakshmi, Usha Pratap, Ravee Dudhlur, Raja Raman, V.R. Ishwar, Shivani Bajpai and Nandita Shankar

**Organizers:** Anu Ganith, Kanchana Ishwar, Vijay Gombar, Mahesh Subramaniam, Manga Rau

## TREASURER'S REPORT YOUR MEMBERSHIP COUNTS

contd from page 1

Mallige (Kannada Koota) to bring you Yakshagaana, a dance ballet.

On the Community Services front, IAI's volunteers organized the annual Visa Camp, a convenient way to get your visas to India right here in town. Other free community events included a Seniors Nite and Health and Wellness fairs. For 2007, these popular events will stay in place along with new initiatives.

The Board of Trustees approved a major capital expenditure project to maintain and upgrade your Community Center on West 56<sup>th</sup> Street. Some of these improvements are already in place. You may have noticed new stage curtains and new roof, siding and front porch. New furnace and water heater units were installed. You will soon see improvements to the small South Room and new flooring and lighting for the entire building. The Community Center is our footprint in this town and the improved ICC will hopefully draw all of you to make more use of this facility.

On the communications front, we will continue to bring you the bi-monthly Bharati newsletter featuring community events, IAI updates and local highlights. In 2007, plans are in place to provide more timely and frequent communication via electronic media. IAI's website [www.iaibharati.com](http://www.iaibharati.com) remains a convenient way to stay connected. In early 2007, a new IAI directory will be available, free to members.

The reason I highlight all these achievements is not merely to appreciate the tireless efforts of the volunteers who made this happen, but also to remind the reader, that none of this would have been possible without your membership dollars, contributions, attendance and support.

As a Member you receive free attendance at IAI events, excluding Diwali or special fund raising events. You also receive discounts to certain co-sponsored events, and discounts are offered by various local businesses to IAI members. These improved benefits were introduced in 2006, when the regular membership was increased to \$50 per family. Each member would have received a membership card entitling them to these benefits.

In 2006, we did not make any changes to the Grand Patron and Patron membership amounts. The Grand Patron and Patron membership fees of \$250 and \$125, respectively, have remained unchanged almost since inception.

Starting January 1, 2007, the Grand Patron membership will be increased from \$250 to \$300 per family and the Patron membership will be increased from \$125 to \$150 per family. This increase is due to the increased cost of events, superior event programming, community services activities, and increased costs related to maintenance of our Community Center.

The membership benefits for Grand Patrons and Patrons will remain unchanged. Grand Patrons will receive four tickets to the Diwali event and Patrons will receive two tickets to Diwali. Each of these membership categories qualifies for a 50% tax deduction of the membership fee. The other privileges for membership, such as discounts and free attendance at other IAI events, are applicable to both Grand Patron and Patron members, similar to regular members.

I hope that each of you will remain a staunch supporter of IAI. If you are not already, I hope that you will become a member in 2007 and support your local organization. Early renewal of membership will give us a head start as we plan funding needs for 2007 activities. Please see the membership application form in this issue of Bharati.

Your membership does count! IAI needs your support!!

Wishing all members a Happy New Year! Let's stay connected in 2007!

Kanchana Ishwar  
Treasurer, IAI Board of Trustees

### **Remembrance**

~ Mr. Pramodray S. Dave, loving husband, father and grandfather, 77, Indianapolis, passed away Monday, January 22, 2007 at his home. He had his degree in Education & Physical Ed. (B.A., B.Ed, DP.Ed.) and worked as an English teacher & retired as Principal of High School from 1952-1986. He loved sports and participated in many competitions. He came to USA in 1992 and worked here in Indianapolis for 10 years. He was popular and active among young and senior group.

~Veena Khanna's mother passed away on January 8th in Delhi.

Our deepest sympathies to both the families.





**IAI Fine Arts Committee  
Presents  
Odissi Dance Recital By Yogini Gandhi**

**Date:**

**Saturday, April 28, 2007 at 7:00 pm**

**Venue:**

**Christian Theological Seminary Auditorium**

**Tickets: General -\$15; Student Special - \$8**

**ICMCI Members - Free**

**Sponsors - \$50 or \$100 (2 or 4 Admissions)**

Yogini Gandhi is a renowned danseuse who is uniquely accomplished in two distinctive styles of Indian Classical dances, Kathak & Odissi. After her initial training of Kathak at Kala Chhaya, she received valued guidance from the legendary Kathak maestro, Padmavibhushan Pt. Birju Maharaj. In the Odissi realm, she learned under the guidance of Guru Natabar Maharana and has further honed her skills with the renowned Guru Shri Kelucharan Mahapatra. Yogini has been bestowed with the "Singar Mani" title, is the recipient of the "Outstanding Young Person" award and Rotary Vocational Excellence award. She is empanelled with the Indian Council for Cultural Relations (I.C.C.R), New Delhi, and is a graded Television Artiste. She has enthralled audiences in India as well as Sweden, Denmark, Norway, Switzerland and England and USA with her dance concerts of both Kathak and Odissi. To create an awareness amongst masses, she has conducted lecture-demonstrations all over the world. As the director of "Kalanidhi", a society for the promotion of Indian Art & Culture in Pune, and Faculty member at Pune University Centre of Performing Arts she dedicates her time to imparting training to students in both Kathak and Odissi. A unique feature of her performance is that she creates an instant rapport with her audiences through her articulate oratory. To learn more about this artist, please visit her web pages at [www.yoginigandhi.com](http://www.yoginigandhi.com)

Please mark the date for a truly enchanting evening. Come with family and friends and help the Fine Arts Committee (FAC) turn Indianapolis into an exemplary center for Indian traditional music and dance, from which our youth can find inspiration and understanding of our culture.

Another upcoming attraction: **The IAI -Fine Arts Committee, in collaboration with the Pakistani American Friendship Association (PAFA), will present a vocal concert by the world-renowned Ustad Rashid Khan on Sunday May 6th 2007, at 3:00 pm, at Butler University's Edison Duckwall Recital Hall.**

**For more information, to become members of the ICMCI (Indian Classical Music Circle of Indianapolis), to sponsor this event, or to be placed on FAC's mailing list, please contact:**

Arvind Thakkar 317-872-0740 ([athakkar@iquest.net](mailto:athakkar@iquest.net)), Director  
Kalpana Merchant 317-733-9720 ([kmmerchant2003@yahoo.com](mailto:kmmerchant2003@yahoo.com)), Secretary  
Chetan Shukla 317-876-5195 ([chetanshukla@hotmail.com](mailto:chetanshukla@hotmail.com)), Joint Secretary  
Chad Bauman 317-769-5426 ([cbauman@butler.edu](mailto:cbauman@butler.edu)), Joint Secretary  
M. S. Anand 317-566-9555 ([msanand1@yahoo.com](mailto:msanand1@yahoo.com)), Joint Secretary

## DETERMINATION REWARDED

Manoj Rana, a 24 year old student from Noida, India, is in rehabilitation at the Lockfield Village Nursing Home, in Indianapolis, after suffering third degree burns to 90 percent of his body. For those that have met him, his recovery is nothing short of a miracle and can only be credited to his positive attitude, determination and love of life.

India Association, with the help of donations from members, is assisting in a small way to bring some cheer to Manoj in this time of need. IAI gifted Manoj a laptop computer as a graduation present, so he can stay in close touch with family and friends. If you would like to assist, please contact Kanchana Ishwar at 317-848-8943

The article below was taken from a local Hammond newspaper.

### *Hammond burn victim to receive degree*

*By Purdue University Calumet*

HAMMOND - Having survived deep-tissue burns to more than 90 percent of his body, a four-month coma and some 40 surgeries, Manoj Rana said he is pleased to take life "one day at a time."

This evening, (December 19, 2006) however, will take on special significance when he participates in Purdue University Calumet's December Commencement in Merrillville, where he will receive a baccalaureate degree in computer engineering.

Rana, 24, was in the final weeks of his last undergraduate course when a fire gutted his Hammond apartment in July 2005. Rana's roommate, fellow Purdue Calumet student and friend Prabhat Singhal, and two others died in the blaze.

"After what happened, I didn't know when I would graduate, but I knew I would graduate some day," he said. "I want to start (work on) my MBA in August if my hands are functional. If they aren't, I'll just have to wait."

After fighting for his life following the fire, he began rehabilitation-physical therapy in January and has made impressive progress. He walks most every day - has even run on occasion - and has been able to return to his love of dancing, which he did in India.

"When I started rehab, they gave me a walker,"



*Manoj with his Mom at Graduation Ceremony*

he said. "But I love to dance, and one day in my room, I started dancing and the nurses caught me. They told the doctor, who said to me, 'Manoj, you don't need that walker if you can dance.'"

One thing Rana appreciates is the constant encouragement of those close to him.

"I get depressed once in a while when I cannot do some things," he said, "but my family and friends and therapists and doctors are so good to me; they encourage and help me. I talk to Marsha (Gordon, Purdue Calumet director of graduate and international student services) all the time. I just try to take things one day at a time."

Gordon, who assists Purdue Calumet's some 300 international students, calls Rana "an inspiration... In spite of the pain he has suffered, he has such a beautiful attitude toward life and people and himself," she said. "The fact that he survived his injuries and all of the treatment, surgeries, infections and everything else that followed is nothing short of a miracle."

Rana came to PUC as part of a partnership program in which students who have studied engineering in India for three years can complete their undergraduate study at Purdue Calumet.

He said that although higher education in India emphasizes theoretical knowledge, "practical knowledge is much more important" in the American system.

During his rehabilitation, Rana has lived in Indianapolis nursing home connected with Wishard Hospital.

"My goal is to get better and move on," he said.

## How many Indian Americans are really here in the USA?

by Dr. Ramakrishnan Nagarajan

Columbus attempted to find a western sea route from Europe to India. Instead he found a route to America in 1492. Since then, America has been a magnet of opportunity, first for Europeans, then for persons from other countries. In 1964, President Lyndon Johnson signed a landmark legislation that opened immigration to persons of other nations other than European countries. This opened an opportunity for professional and other skilled Indians to immigrate to the USA. Opportunity for economic advancement, the superior quality of life and the unparalleled beauty and natural resources of the USA, attract persons of almost all nations in the world. America does an excellent job of assimilating persons of all nations into a united multicultural, multi-religious nation.

The 2000 US Census found that Asian-Indians was the fastest-growing immigrant community, showing an increase of 106 percent during 1990-2000 period. Though the population census is conducted only every 10 years in the USA, according to the American Community Survey (ACS) of the US Census Bureau, the Indian immigrant population increased from 1,678,765 in 2000 to 2,319,222 in 2005, a growth rate of 38 percent, the highest of any Asian community. Indian Americans are concentrated in five states: namely California, New York, New Jersey, Texas and Illinois. In terms of urban destinations for Indian Americans the top five include New York, San Francisco-Oakland-San Jose area, Chicago, Los Angeles and Washington, DC.

The largest and probably the most important Indian Americans are the children of Indian and Indian origin immigrants. The US Census Bureau counts them as US citizens, and it is difficult to get an accurate count of THIS group as Indian Americans.

If the Indian American community builds bridges, lobbies and votes fully in all elections, it can be very effective in promoting the community's causes. An example of how the Indian Americans exerted its political clout and influence was demonstrated when the community activists successfully lobbied for the passage of the United States-India nuclear agreement. The US House and Senate voted

overwhelmingly in its favor, and President George W. Bush has signed it into the law. It was the greatest triumph in US-India relations in half a century.

Then, there are immigrants of Indian origin, from countries like Sri Lanka, Malaysia, Kenya, Uganda, Guiana, Fiji, etc. The exact number is difficult to get because it is combined with immigrants of that country who are of non-Indian origin.

There is the illegal immigration from India as well. The US Citizenship in the Department of Homeland Security estimates there are 280,000 illegal immigrants from India in 2000, a 133 percent rise in the last five years.

Finally, there are immigrants from other South Asian countries like Sri Lanka, Nepal, Pakistan and Bangladesh, with whom we have close cultural and religious association, and it will be advisable to build bridges of mutual interest, which will come in handy when we need to take political action.

So I would say, the categories of Indian Americans in the USA are:

1. Citizens:, Our children who were born and raised here and who are adults now.
2. Indian Americans who are naturalized citizens...
3. Legal Immigrants: Persons, holding green-card... A green-card holder, is eligible to become a naturalized citizen after a completion of 5 years of stay in the USA...
4. Prospective Immigrants: This category allows persons, who are legally granted to enter the USA under the Family Preferences, Employment Preferences, and students who come here especially to pursue higher education and who are likely to become residents.

If we include all these categories, there are about 6 to 7 million Indian Americans including Indians who have migrated from other countries like Sri Lanka, Malaysia, Kenya, Uganda, Guiana, Fiji, etc., in the USA.

## WEIGHT MANAGEMENT

SARITA BAJPAI, RD, PhD

To nurture mind, body and spirit is one of our primary duties in life. Our saints and religious books have provided guidelines to take care of our body at various stages of life to keep it healthy to enable us to continue to do our duties diligently. Pt. Mehta during his presentation earlier this year, gave Hanuman ji's example to emphasize on significance of maintaining good physical health to be able to perform Ram ji's seva. Granted we are human beings with limited gyan and skills. However, we can strive to maintain good health by following simple and healthy lifestyle.

Maintaining a healthy weight as we grow older is one of the most important requirements for long and healthy life. Obesity has attained a proportion of an epidemic in US and India is not far behind. I do not need to quote statistics to support it because all we have to do is look around us to estimate the severity of the problem. At the recent seniors night held at ICC, the BMI of 90% of the people we checked, was ranked in overweight to obese category (BMI > 22.9 indicates overweight for Asians).

**The irony of the process is that people do not become obese overnight. Therefore weight gain can be potentially kept in check to prevent obesity....**

I recently attended a certification course on weight management offered by American dietetics association in Kansas City.

I would like to share few facts/guidelines on weight management that I picked up there:

- We (adults) gain/retain 1-2 lb every year as we grow older. The basal metabolic rate and physical activity decrease with age and we do not decrease food intake proportionally.
- Measurement of waist circumference is a good parameter to keep a tab on obesity. Abdominal weight gain as measured by increase in waist circumference is linked with high risk of diabetes, hypertension and cardiovascular diseases, joint problems.
- It is recommended that waist circumference for healthy males should be less than 40 inches and for women it should be less than 35 inches.
- Weight loss up to 10% may reduce risk of other diseases by 50%
- The goals for weight loss should be realistic, achievable and sustainable.
- An initial weight loss of 10 percent of body weight (if one is overweight or obese) achieved over 6 months is a recommended target.
- Rate of weight loss should be 1-2 pounds or 1 percent of weight per week.

- Check weight daily almost at the same time and keep a log to monitor progress.
- Long term results of rapid weight loss by following various diets (weight watchers, Jenny Craig, Atkins, Mediterranean, South beach diet, Dash diet etc) may not be sustainable after first 6 months.
- Moderate intensity physical activity for 30 minutes on most or preferably all days of the week helps burn calories/promote/maintain weight loss. Moderate intensity activity includes brisk walking, cycling, mowing lawn, gardening, raking the lawn, dancing, golf (no cart), swimming, lifting/carrying light objects. It is recommended to initiate exercise slowly and increase intensity gradually.
- Physical activity may be divided into smaller intervals during the day (instead of doing 30 minutes at a time one could do 10 minutes three times a day)
- Calorie intake should be reduced by at least 500 k calories per day from the current level.
- Very low k calorie diet (less than 1200 k calories per day for weight loss is recommended only under clinical supervision).
- Medications to help decrease appetite may be used in consultation with the physician. Meridia and Orlistat (FDA approved medications for weight loss) have significant side effects and need to be taken under clinical supervision.
- Maintaining food diary helps figure out intake and weak moments during the day leading to binge eating. Eating at specific times and only at the dinner table (avoid food in bedroom, family room, study etc) helps control excess eating.
- Monitor portion size of servings of foods. Avoid super sizing any portions. Share favorite foods with family/friends to help maintain smaller serving sizes of food.
- Home cooked simple meals as far as possible help control ingredients/quality of food.
- Support from family, friends, community is helpful in encouraging individuals working on weight loss.
- Stress management by physical activity, meditation, and progressive relaxation help in keeping high spirits and coping with periods of discouragement.....
- Diet, physical activity and behavior modification are key components for weight loss/ maintenance and leading a healthy life.

Indian diet in general is balanced and includes all the food groups. It is impressive how Indians have modified some of the traditional recipes to make them healthier (ex: baking samosas instead of frying). I would encourage people to share their modified recipes via Bharati so that everyone can get the benefit.

I would like to wish everyone a happy and healthy 2007.





**India Association of Indianapolis**  
*Celebrating Culture, Community, & Children*

<b>VISION</b>	<b>MISSION</b>
To be a unified organization that celebrates our culture and diversity. An impactful organization that makes a difference in our community.	To promote cultural activities of India. To foster cultural exchange between the people of India and the US. To carry out educational and charitable activities.

**MEMBER BENEFITS**

- IAI Membership Card
- Free admission to selective IAI Executive Committee events
- Discounts (List of participating merchants and discounts can be found on the website or in Bharati)
- Grand Patrons receive all the member discounts plus 4 free tickets for Diwali
- Patrons receive all the member discounts plus 2 free tickets for Diwali

**Membership Application for the year 2007**  
Membership is valid from January 1<sup>st</sup> to December 31<sup>st</sup>, 2007

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

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

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Spouse: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail: \_\_\_\_\_

In addition to the membership dues, I would like to donate the following amount to help our community:  
**The amount is tax deductible.**     \$50   \$100   \$200   \$300   \$500   \$1000   Other\$\_\_\_\_\_

**Please mail check to:**

<p align="center"><b>For Grand Patrons and Patrons</b> India Association of Indianapolis <b>c/o Kanchana Ishwar</b> 1845 Knaphill Court Carmel, IN 46033 (317) 848-8943</p>	<p align="center"><b>For Family, Individual, Student, and Senior</b> India Association of Indianapolis <b>c/o Simmi Hedegard</b> 2338 Fairhope Drive, Indianapolis, IN 46227 (317) 780-7090</p>
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IAI's 2007 Directory will be released shortly. The directory is free for members. Non-members may purchase for a fee of \$25.

PLEASE COMPLETE AND SUBMIT THIS FORM AND BECOME A GRAND PATRON, PATRON OR MEMBER AND AVAIL THE BENEFITS.



*We're Focused on Just One Event this Year...*

*Yours.*

For all of your special occasions, whether for your wedding, corporate meeting or special events, the Adam's Mark Hotel has the space you need. Every event is a special occasion at the Adam's Mark-Indianapolis. Your function will be catered by a creative and accommodating staff. They will work with you to customize a menu and prepare an inspiring food presentation. Not only will everything be beautifully displayed and thoroughly enjoyed, but also our experienced staff makes sure all details come off as planned.

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indianapolis

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## Computing and Information Technology Prowess.

Ram S. Ravindran

Someone asked me the other day “How come India produces so many computing and information technology professionals?” That got me thinking. Just about every Desi that I know here in the US is reasonably comfortable with computers and Internet usage. There has to be some connection with the Indian psyche or culture and this field of human endeavor.

Here is my take on why Indians and Indian-Americans take to computing and Information technology like the fish to water. In the last 40 years in India, education has been considered as a passport to success by all segments of Indian society.. More English medium schools have been opened than the government run local language schools. Indians have a reasonably good sense of logic. Computing needs people who can think logically and express themselves through English language. Indians think computer as an extension of the brain. Culturally Indians like to do brain work than brawn work... No wonder they like computing. Moreover Indians

1. Like to work alone than in groups.
2. They don't like jobs that require personal interaction with customers very much.
3. They don't mind working for hours trying to program something.
4. They like to tinker with the computer codes to improvise things.
5. In a hot country, it is more desirable to work among computers in the comfort of an air-conditioned room. Computers need to be kept in that environment.
6. Computer professionals get paid more than doctors in India.
7. Knowledge of Information technology gets you an opportunity to go overseas.
8. Computer education is readily available. Even in a small town you can find dozens of computer training schools and places that train you in various computer applications like Java, Oracle database, SAP, and software testing.
9. In India there are 16 Major languages.. Indians are used to mastering local languages. So learning one more computer language is no big deal for Indians.

10. Being well versed in computing is an added plus in the marriage market.
11. Possessing specialized knowledge of computers and information technology gives them a sense of intellectual superiority and they love it.
12. They like sedentary jobs and don't mind doing routine work.

Computing and information technology are very well suited for Indian psyche and strikes a chord with the Indian cultural upbringing. No wonder other countries have a difficult time taking away the software work from Indians. Unfortunately they are not very good at developing killer applications by themselves. They are great at using innovative applications developed by others... Not many are needed to produce great software or devices. But the world needs a lot of folks who can make use of them effectively. Indians will certainly do well in that area for many years to come.

---

### ***Bright New Year!***

*Friends, Aapko New Year ke Shubh Avsar Par...*

*Chandragupt ki Shakti, Meera Bai ki Bhakti  
Einstein ki Buddhi, Nobel Prize ki Siddhi  
Vajpayee ki Maryada, Nizam ki Sampada  
Bhagat Singh ka Desh Prem  
Sweet Heart ka Amarprem  
Tata ke Senses, Ambani ke Licenses  
Amitabh ki Style, Madhuri ki Smile  
World tour ka ticket, Tandulkar ka Wicket  
Ram ka Gyan, Kama ka Daan  
Gandhi ki Ahimsa, Hum logon ki Parampara  
Michael Jordhan ki Salary  
Abdul kalam ki Vocabulary  
Microsoft ka Share, Dollar ka Dhere  
Adminstrator ke Passwords, Jokes ke Forwards*

*On top of that..*

*We wish the Almighty (Shiv, Ganesha, Krishna, Ram, Mahavir or deity of your choice) brings you peaceful, prosperous and meaningful New Year.*

*Submitted by Dr. Mohini Ahuja*



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## Ye mera India

*Ye mera India, Vatan mera India*

*Hindustan kay bache hum, Bharat hamari Mata*

*Lakhon kroron ko janam diya*

*Pyar say her aik ko paala*

*Ye mera India, Vatan mera India*

*Kayee kayee mushkale aayee, Haar na humne maanee*

*Datke mukaabala keya humne*

*Pahunche subke aagay hum, Apni himmat aur lagan say*

*Ye mera India, Vatan mera India*

*Aaj her kshetera may hum aagay hain*

*Mukaabala nahe kissi say, Khushhaali chahate ghar may*

*Shanti na bhang kare koyee, Ye desh hai veer jawano ka*

*Ye mera India, Vatan mera India*

*Dosati dushmani mein hum maaher, Hum hai Yaaro kay yaar*

*Dushmano kay dushman, Hum say na takray koyee*

*Hum hai rakhwale, Apne vatan kay*

*Ye mera India, Vatan mera India*

*Kabhi pyar kabhi sakhtee, Kabhi jhagre se paisha aate hum*

*Apanay ghar kee mushkalain, Khud suljhaate hum*

*Kabhi madad na manglee humnay, Itna swabhimaan rakhte hum,*

*Ma per humko naaj hai, Bache hai jiskay hum*

*Ye mera India, Vatan mera India*

*21-vee shatabadi may aa pahunche hum, Shanti kahi najar aati nahi*

*Padosi rahe rahe kar satate humay, pur firbhi shanti chahte hum*

*Apnay ghar may aur vishwa may, Mokka dayte har ko jeene ka*

*Ye mera India, Vatan mera India*

*Ye Bharat desh mahaan hai, Jisey poojte hum*

*Shaanse teranga lahrate, Sheesh navate jis ko hum*

*Jai Hind*

*By Uma Gupta*