

# THE LOTUS



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A Monthly Publication of the Federation of India Community Associations (FICA) Since 1967

## INSIDE

- 1 History of South Asian Indian Community in Cleveland
- 2 New Report on the AAPI Labor Force
- 3 President's Message
- 3 Fica Goals And Vision
- 4 FICA Trustees Embark on a New Direction
- 4 Take "Hospital" to Patients: Medical YATRA-AIPNO
- 5 Manasarovar-Kailash Yatra
- 6 Strengthen Your Core: Manipura Chakra
- 7 Healing with Henna (Mehendi)!
- 8 Telling Tales With Gandhi In Indian Cultural Garden

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# Happy Diwali!



*From: FICA of NEO*  
*To: Greater Cleveland Community*  
*Cleveland, Ohio*

## History of South Asian Indian Community in Cleveland

Compiled by Paramjit Singh; paramlinda@gmail.com

Northeast Ohio boasts of over 25,000 Asian Indians. Many of them are entrepreneurs, doctors, engineers, professors and scientists. Some own gas stations and others own hotels/motels. It is estimated that a very high number of hotel/motel owners in the Cleveland area are Indians. The advent of the age of information technology brought another wave of Asian Indians to the U.S. And the tide continues. The following is a summary of our history.

### 1910's

Rabindranath Tagore (Shakespeare of India) was a guest at the inauguration of the Shakespeare Garden in 1916 now called British Cultural Garden. One can say he was the first Asian Indian to visit Cleveland.

### 1960's

Shanti Bahadur established the first Indian business restoring old photographs on East 4th Street between Euclid and Prospect Avenues. After graduating from University of Michigan taught Ariel Photography during WW-II. He was among the few Indians who came to USA for studies through the first Colombo Plan. His classmates included Zakir Hussain and Pratap Singh Kairon. His openness to world around his is evidenced by his marriage outside his ethnicity to an American woman. He was also involved in the Gaddar Movement.

Dr. Vishwa Nath Kapur was the first

Indian doctor who was on the staff of Metro General Hospital.

Paramjeet Singh Chopra was the first Sikh doctor doing his internship at the Lutheran Hospital.

Pritam Singh Bhatia was the first Sikh social worker to be hired by the B.F. Goodrich Center in the early sixties.

P.K. Saha was the first teacher of English language & literature in the Cleveland area starting in 1957, first at Hawken School and later at Case Western Reserve University.

In the late 1960's Professor S. Chandrasekhar was named Dean of Western Reserve College of Case Western Reserve University.

The Indian community organized the first entertainment program with Bhangra, introducing the Cleveland community to culturally Indian songs and dance, at the Cleveland Institute of Art in December 1962. This was a fund-raiser and we collected \$2,000.00, which was sent to the Indian Embassy for the Chinese aggression in India.

Most of the Indian population was students, who were members of the International Student Group, ran by the Cleveland Council on World Affairs. They nominated Paramjit Singh as its first Indian chairman in 1963.

Dr. Ashok V. Pradhan was the

first Indian invited by Case Institute of Technology as a Fellow to work on Rocket Propulsion Technology, on a grant from newly formed NASA by President Eisenhower in 1958. Also, he was the first Indian to work on NASA's Apollo Program initiated by President Kennedy in 1961, as Challenge to Russians to put Man on the Moon before 1960's decade was over. Of his three Doctorate Degrees, one was from the Cleveland State University; he was the first student ever to be awarded Doctor of Engineering Degree by CSU from their newly started Program in 1975.

The Indian community arranged for the first Republic Day Dinner in 1963 for 125 people at the International Student Center sponsored by the Cleveland Council on World Affairs.

Ajeet Singh Sood was the first turbaned Sikh to walk in a graduation procession after he earned his Masters in Engineering from Case Institute of Technology now Case Western Reserve in 1963. Cleveland Press wrote on Wednesday, June 6, 1963 "Turbaned Grad Waits, Case Diploma". In 1963, at the invitation from the American Society of Experimental Stress Analysis, Ajeet S. Sood was the first non-US Citizen permitted by Pentagon, to enter the Lewis Research Center, a NASA lab in Cleveland to present a paper.

In 1963, Ajeet S. Sood a stress analyst

Continued on Page 9

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# New Report on the AAPI Labor Force

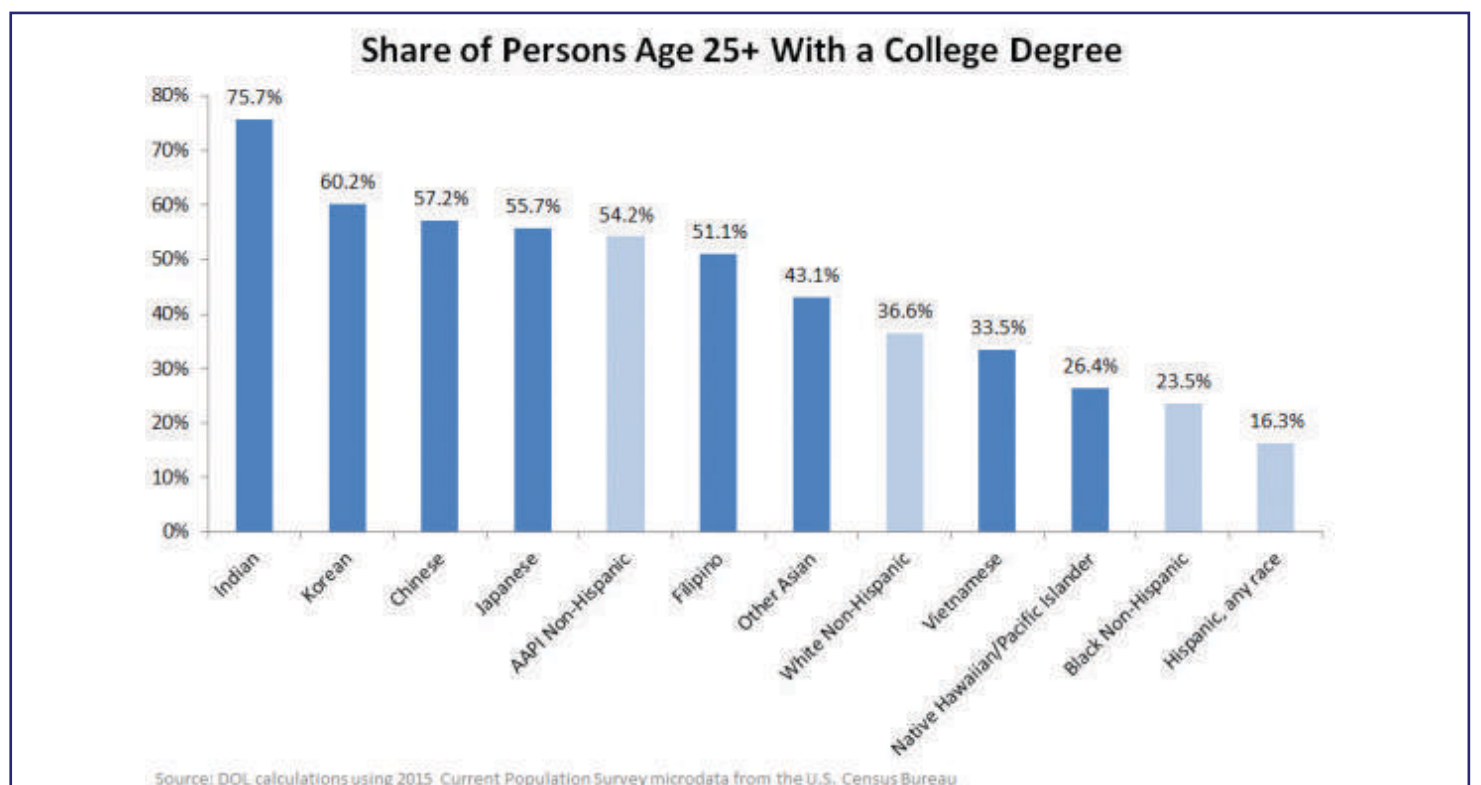
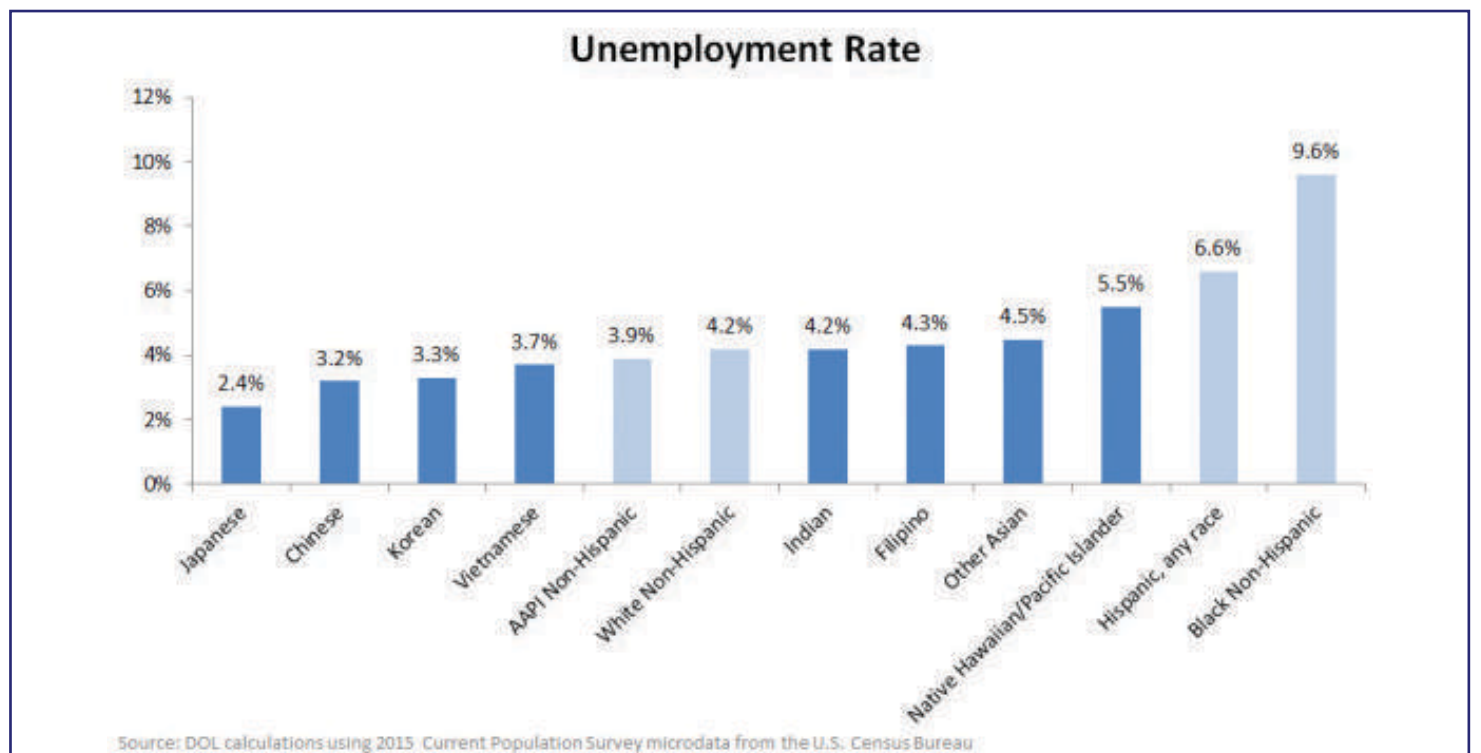
By Chris Lu and Heidi Shierholz - U.S. Department of Labor

Every day, millions of Asian American and Pacific Islander workers and their families make invaluable contributions to our nation's economy. Too often, however, reports and data releases that describe the nation's labor force neglect to provide information on these workers or treat them as a monolithic group, ignoring the great diversity that exists within the AAPI community. To help fill in the AAPI data gap, the Department of Labor is proud to release an update to our 2011 and 2014 special reports on the characteristics of the AAPI labor force.

Released [October 7, 2016], this new report contains updated statistics that illustrate how AAPI workers have contributed to and benefited from the economy's recovery from the Great Recession. It provides data on AAPI labor force participation, unemployment, earnings and poverty, and describes the factors that contribute to the differences between AAPI labor force outcomes and those of other racial and ethnic groups. Wherever possible, we break down the data to provide detailed information on subgroups within the AAPI community to illustrate the similarities and differences between AAPI subgroups.

The importance of this disaggregation of data can be seen, for example, when looking at the unemployment rates of AAPIs. As shown in the graph below, in 2015, AAPIs as a whole had a lower unemployment rate (3.9 percent) than any other major racial or ethnic group. However, there was significant variation between AAPI subgroups. Japanese, Chinese and Korean workers had unemployment rates notably below the AAPI average, while Native Hawaiians/Pacific Islanders and other Asians had unemployment rates notably above it. Indeed, while AAPIs as a whole had a lower unemployment rate than White Non-Hispanics, four AAPI subgroups had unemployment rates equal to or above the White Non-Hispanic unemployment rate.

As explained in greater detail in the report itself, differences in labor force outcomes such as those seen in unemployment rates arise from many factors. One of the most important of these is the difference in educational attainment between AAPI workers and workers in other racial and ethnic groups. As can be seen in the graph below, AAPI workers are significantly more likely to have a college degree than White Non-Hispanics, Black Non-Hispanics and Hispanics. Interestingly, when comparing AAPI workers and White Non-Hispanic workers with identical educational backgrounds and demographic, geographic and job-related characteristics, AAPI workers are actually slightly more likely to be unemployed than their White Non-Hispanic peers.



All of this and much more is described in detail in the new report. Breaking down data in this way – which is becoming more common thanks to the work of groups such as the White House Initiative on Asian Americans and Pacific Islanders – can greatly improve how government programs address the employment needs of different workers. The Department of Labor is proud to be contributing to these efforts and proud to help broaden our understanding of the AAPI labor force and the diverse communities it comprises.

*Chris Lu is the deputy secretary and Heidi Shierholz is the chief economist at the Labor Department.*

*Originally Published on the U. S. Department of Labor Blog: <https://blog.dol.gov/2016/10/07/new-report-on-the-aapi-labor-force/>*



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# President's Message

By Sujata Lakhe Barnard

I am requesting that if you can please take a few moments to read the rough outline for a future FICA governing body on page 4 put on the paper by Chairman of FICA Board of Trustees. This outline was first distributed in September board meeting to those who were in attendance. At that meeting Dr. Prasanta Raj also distributed and discussed a plan with his ideas for future role of FICA for the community, an excerpt from that is published on this page as a letter to the editor. The other part of Dr. Raj's documented consisted of suggestions for governance of FICA as an organization and addressed to the members of the boards present at the meeting. We all understand and agree that there is a need to update the original constitution of FICA to fit today's need of our changing demographic and expanding geographic needs. I also thought, that we need to modify our constitution to allow more participation from the next generation of Indian community in Greater Cleveland area. For this purpose Chairman Chittaranjan Jain has set up two committees:

1. Review and redefine the Goals, Mission and Vision of FICA. A four member committee with Dr. Subha Sen Pakrashi (chair), Dr. Prasanta Raj, Suresh Bafna and Dr. Umesh Yalavarty has been formed. Your suggestions and ideas are encouraged and may be submitted directly to: Pakrashisen@yahoo.com

2. Review and restructure the FICA constitution. A four member committee has been formed with Chittaranjan Jain (Chair), Mona Alag, Dharminder Kampani and Dr. Sanjay Garg. Your comments and suggestions may be forwarded directly to: C.Jain@csuohio.edu.

According to Chittaranjan Jain, "No major change has been successfully incorporated over the almost fifty year existence of the document. It has served us reasonably well. Now, we are in a different socio-economic community. Our organization needs to respond and, therefore, quantum changes may be necessary to keep pace with our radically different landscape."

However, the committees set up by the Chairman does not include any representatives of new demographic segment or generation from the radically different landscape of the community. Therefore, I would suggest we should expand these committees with more members to include individuals who are not already members of Board of Trustees to make them truly effective. In addition I invite actionable suggestions from our community in the form of open letters to Lotus containing ideas for governance, increasing transparency, fund-raising, fiscal management, mission, vision of a future FICA which would unify Indian subgroups and generations and form a unifying voice. Robust and open discussion and inclusion of new people and systemization of this committees is essential for survival of this organization. In the original and present constitution of FICA it was made sure that the power of governance did not accumulate in one spot and there are measures for checks and balances. It is a must that we maintain that when we propose changes for a vote this March to keep this organization democratic and representative of the whole community.

**Republic day-Date:** Please mark your calendars for republic day on Saturday, *January 21, 2017*. In addition if you have any suggestions for preferred venue/programming/Food menu/Chief guest preference do not hesitate to send an email to [FICAleveland4you@gmail.com](mailto:FICAleveland4you@gmail.com) or if you would like to discuss it with community in an open forum in letters to editor at [lotus@FICAleveland.org](mailto:lotus@FICAleveland.org)

At the Republic day in addition to giving out awards for the FICA Tennis tournaments will also be giving out Award for "Person of the year" from Indian community for work done for a greater good for our society. For this later award please sent nominations to [FICAleveland4you@gmail.com](mailto:FICAleveland4you@gmail.com). Please note that FICAleveland4you gmail account is accessible to President, Treasurer and General Secretary of the FICA Executive Board.

**General Body election Date:** One other important date to save in order to participate in this community organization is our General body Election Date which is set on *Sunday, March 26, 2017*. Our executive board is hoping this will be at a new location this year and will include Holi celebration and lunch, very befitting for a community organization like ours. This is in the hope of injecting a new level of enthusiasm and increasing participation in this very important event. Holi is an occasion to let go of old and stale and begin new and rejuvenate. Holi is also a tradition of great inclusiveness of our community and what an amazing way to come together as a community and make decisions about our governance and future directions.

In November issue of Lotus, **nomination committees for elections** will be announced. I hope, based on your response we would be able to expand our previously mentioned committees (subject to being agreeable to our Board of Trustees) and get some volunteers to be on nomination committee for general today election.

We are also very Glad to announce **Email service to our Lotus readers** for timely information of upcoming events interesting to our community. Please check our website for more information.

Regretfully, our executive Board took a decision of not having a FICA-Diwali due to inability of many in our community to attend as all weekends are either occupied by Diwali family gatherings or regional community events for Diwali. However, We wish every one a very happy Diwali and healthy and prosperous year to come.

## Fica Goals And Vision

By Dr. Prasanta Raj

*Dr. Raj has been part of the Cleveland community for over 40 years and long time member of FICA board of Trustees.*

I envision the present and future FICA as a nonprofit, nonpolitical, secular, volunteer organization of people in Northeastern Ohio of Asian Indian descent to celebrate, maintain and foster our traditions as well as moral and cultural values.

To this end, I strongly favor the concept of a designated new building to accommodate our organizational needs and which can be used to fulfill various other functions. An attractive, multifunctional building complex would definitely enhance the successful image and represent all that our community has accomplished and hopes to continue into the future. And for me personally, it would be a dream come true. However, before FICA could ask its members and leadership to finalize such a significant commitment more "ground work" needs to be done; factors involving feasibility, costs, predictable upkeep needs, potential outreach uses, etc.

- We should first try to encourage interest and interaction by bringing our Indian community together and explore the usage, viability and long-term management of such a project.

- My basic recommendation is to be willing to take measured steps toward any agreed-upon goal. I would advise using financial resources to strengthen and revitalize our community now and then, based on the information gathered, hold off for 2-3 years on any decision about whether we are ready to build a community center. The present assets of FICA should not be used until that decision is made.

## Tending to All Your Immigration Needs

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# FICA Trustees Embark on a New Direction

By Chittaranjan Jain: [c.jain@csuohio.edu](mailto:c.jain@csuohio.edu)

We do not own the building at 12421, Cedar Road any longer. Community assets are in custody of FICA board of Trustees. FICA financial report was published in August-2016 issue of Lotus. We have made a solemn commitment to preserve it and make very thoughtful judicious choices as we move ahead.

Decisions must involve and include all segments of the India community in NE Ohio.

Our community today has very little resemblance to what it was some forty years ago. Our expectations and needs from FICA are also very different. We are aware and recognize this sweeping change.

Trustees are undertaking two major initiatives to meet the challenge and keep FICA relevant for years to come.

1. Review and redefine the Goals, Mission and Vision of FICA. A four member committee with Dr. Subha Sen Pakrashi (chair), Dr. Prasanta Raj, Suresh Bafna and Dr. Umesh Yalavarty has been formed. They presented their initial report during the meeting on September 18. Your suggestions and ideas are encouraged and may be submitted directly to: [Pakrashisen@yahoo.com](mailto:Pakrashisen@yahoo.com).

2. Review and restructure the FICA constitution. No major change has been successfully incorporated over the almost fifty year existence of the document. It has served us reasonably well. Now, we are in a different socio-economic community.

Our organization needs to respond and, therefore, quantum changes may be necessary to keep pace with our radically different landscape. A four member committee has been formed with Chittaranjan Jain (Chair), Mona Alag, Dharminder Kampani and Dr. Sanjay Garg. A very preliminary out-line of a proposed new constitution was presented in the meeting of September 18. Your comments and suggestions may be forwarded directly to: [C.Jain@csuohio.edu](mailto:C.Jain@csuohio.edu).

Broadly speaking:

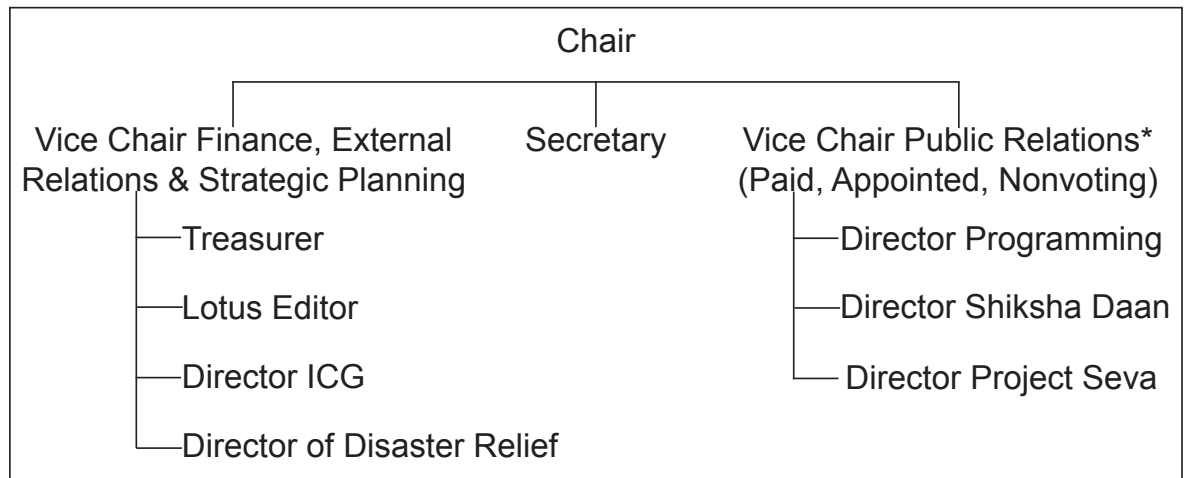
Broad Outline of a proposed new FICA governing body was presented at the September 18 board meeting for the first time.

This group of twelve forms the Executive Committee (officers). Eleven elected and one non Voting.

An officer is free and encouraged to select and appoint others in the committee.

Term of officers: 2 years. No more than 2 consecutive terms.

BOARD OF GOVERNORS:



\*We have commitment to underwrite the cost of up to 50K per year for three years.

Qualifications to be determined

A board member must have a stake. Minimum requirements:

Life member.

Donor- 1K – 5K ??

Elected- 20

All voting

Inducted\*\* - 10 /

\*\* From the community based on significant achievement/recognition in their field: business, profession, performing arts etc.

Transition period:

One year: All currently elected members

are members of the new board till end of current terms.

Elections: Yearly

Staggered till steady state is achieved

Meetings: Once a month

Quorum: One third + one

Minimum requirement for continuation: Attendance- four meetings/year

We urge your participation. We intend to finalize by the time for next election, March 2017.

Thank you,

Chittaranjan Jain

Chair

## Take “Hospital” to Patients: Medical YATRA-AIPNO

By Ramesh Shah

### International Partnership

With support from Rotary Cubs-Cleveland & Chagrin Highlands-, Dist. #6630, Rotary cub of Bangalore W. and Dist. 3190 and Rotary international, Medical YATRA has donated Mobile Ophthalmic Clinic and delivered to Sharada Rotary Eye Hospital, Bangalore. Purpose is to carry out examination and basic tests in the rural CAMPS, transmit data to Base Hospital and get Ophthalmologist's recommendations. The unit has trained Para medical staff of rural health care centers to create awareness about preventable blindness. FREE cataract surgeries, Glaucoma treatment and FREE spectacles to needy rural folks is part of this outreach program. All villages within a radius of 150- 200kms will benefit from this service and they do NOT have to travel to big city for health check up.



Basically, this mobile unit will take Clinic to rural patients and provide intervention of specialist as needed.

### Equipment

The unit is equipped with:

-3 Netra Imaging device (Forus)

-Auto Refractometer, -Phaco machine  
-Slit lamp,-Chairs, tables etc.

### Solution to a Problem

India has largest population-12 million-blind

people in the world. Most of them live in poorest, rural community with very little access to basic health care. 80% of them could have been prevented if they received timely treatment. Preventing blindness increases access to education, employment and happier life. Some of these eye conditions will be helped:

Refractive error, Cataract, Glaucoma & Diabetic Retinopathy, Childhood blindness, Trachoma.

In last 5 yrs. we have helped 2,000 persons with Cataract Surgeries.

### Rotary-a productive relationship

For last 7 years, Gita Gidwani's club and my club has supported Medical YATRA programs in India. In last 7 yrs. we have channeled fund\$ more than \$200,000 to

sustainable health solutions.

Dr. Gita Gidwani is elected President of Chagrin Highlands for 2016-7. More members we get, more we can do for India. (visit our websites:[aipno.org](http://aipno.org) & [clevelandpeople.com](http://clevelandpeople.com))

Your donation \$1/day for a year will help 12 persons to get “Gift of Sight”

Ramesh Shah ‘Medical YATRA’ Team  
([rameshcleveland@gmail.com](mailto:rameshcleveland@gmail.com))



As you may already know that FICA of NEO, ([www.ficacleveland.org](http://www.ficacleveland.org), @FICAcleveland) has been recognized by the United Way as a Designated Charitable Organization and is eligible non-partner agency with United Way of Cleveland. I would greatly appreciate if you can reach out to your place of work and friends and request them to consider designating Federation of India communities association of North East Ohio (FICA of NEO, @FICAcleveland) to receive part of their annual donation. United Way will then channel their donations to FICA after deducting some service fee. This will create a revenue stream for FICA to support our mission of promoting the rich cultural heritage of India in greater Cleveland; to facilitate ongoing dialog with civic leaders regarding issues of importance to Asian Indian families in the region; to facilitate the mainstreaming of Asian Indian families by creating a platform for the community's active participation in the civic life; to collaborate with local organizations to promote goodwill and understanding between diverse communities; to partner with business groups that promote ties between Indian and US firms and foster economic development.



# Manasarovar-Kailash Yatra

A confluence of Nature, Sport & Religion

By Hemant Kanodia: [Hemant.kanodia@gmail.com](mailto:Hemant.kanodia@gmail.com)

My wife, Manju, WW and I met a friend couple of years ago. This friend had been to Manasarovar and Kailash, and described the beauty of the place and the legends associated with it. The description was so fascinating and vivid that it aroused a strong desire in us to also perform the Manasarovar-Kailash yatra.

We heard that the Kailash parikrama (circumambulation) is difficult due to high altitude and rugged terrain. We were not physically active and had a hesitation that will we be able to perform the parikrama. With encouragement from friends and our son, we finally committed to Manasarovar-Kailash Yatra by signing up with a tour operator company, Karnali Excursions, of Kathmandu, Nepal, and paying the initial deposit.

Now started the hectic preparation as we had only six weeks. Karnali sent a packing list. So, we started a daily 3-miles hiking on a gravel track with medium-difficulty activity level. We were hiking in the mornings and shopping in the evenings for shoes, hiking poles, knee wraps, thermals, sun hats, glasses etc. It was a long list of items.

Finally the day arrived when we departed for Kathmandu, Nepal. The Karnali representatives were present at the Tribhuvandas International Airport, Kathmandu to receive us. From this point onward until we were dropped back at the airport, 3 weeks later, the Karnali took care of all the details. We got the Nepal visa on the airport on arrival. The Karnali arranged for the China visa. We converted some money to Yuan in Kathmandu itself. We also transferred our luggage to a duffel bag provided by Karnali. We departed for Lhasa, Tibet next day.

Lhasa is at an elevation of 12,000'. We spent a day in Lhasa and visited Potala palace (Dalai Lama's ex residence) and Jokhang Temple (the oldest active monastery).

We started on a 3-day bus journey to Manasarovar, stopping at Sigatse (Xigaze) and Saga cities. On the way, we were travelling mostly on the side of the Brahmaputra River. The beauty of the terrain was eye catching. What also caught my attention was the development that has happened and is happening in



Tibet. The state of highways, power grids, communication towers, irrigation systems, newly-built towns and farm lands was beyond belief. A little before reaching the Lake Manasarovar, there is a Lake called Hanuman Taal. Legend is that Hanuman dug this lake when he was searching for Sanjeevani Booti (The life reviving herb).

We finally reached the Manasarovar Lake (15,000'). We felt a sense of divine presence. At Manasarovar Lake, we performed a Havan & took a dip in the holy lake. We also visited a Buddhist Monastery associated with Padmasambhava, Chiu Gumpa, on a nearby hill. The monastery was at a height of only 60', but the climb was exhausting. From here one can see Lake Manasarovar, Lake Skandha (aka Rakshas Taal) and Mt. Kailash. There is a legend that Ravana performed 'tapa' to get blessing from Lord Shiva at an island in Rakshas Taal.

Next day we visited Barakha plane and Tirthapuri. The Barakha plane is a vast

flat land. Legend is that Ravana composed the Tandava Stotram in Barakha plane on which Lord Shiva performed Tandava Nrutya (dance). Also, legend is that Lord Shiva's wedding party assembled here before departing for the Home of Himaraj. Tirthapuri is on the bank of Satlej River and is home to another Buddhist Monastery associated with Padmasambhava. There are many legends associated with Tirthapuri. The demon Bhashmasur was burnt-down here by Lord Vishnu. There are many self-rising mound worshipped as Gods. There are hot springs nearby. We stayed at Darchen city (15,000'), which is the south base of Mt. Kailash, for the night.

Darchen is the starting point of the Kailash parikrama. The parikrama is a total of 32 miles and is normally completed in 3 days. It starts at an elevation of about 15,000' and includes a 18,500' pass. Therefore, we took about 7 days from arriving at Lhasa to reach Darchen so that we could acclimatize.

Next day, we started from Darchen by

bus and reached a place called Yamadwar. It is a small structure with two entrances on opposite sides. Everyone goes through this building before continuing the yatra. The legend is that you get reborn after passing through this building. Here, we hired a pony and a porter for the next 3-day journey. Nearby there is a sky burial ground (a place where Tibetan monks leave their deads so that the body can be consumed by scavenger animals) used by Tibetans. We completed our first day of hiking and stopped at Deraphuk (16,600') on north side of the Mt. Kailash.

Next day we started on the highlight part of the parikrama. It was a 14 miles trek which includes the high point of 18,500' called Dolma La. Dolma means Goddess and La means 'pass'. Hindus associate Dolma La with Goddess Parvati. This is also the most difficult part of the parikrama. Many times, many pilgrims are not able to take up this part due to bad weather. We were lucky that we did not face a snow storm, but only a freezing rain. When we reached the highest point of the trek, we were overwhelmed by the joy. It was a dream-come-true. This spot is considered sacred by Tibetans. They offer prayer flags and Khata(s). (Khata is a scarf like cloth used for offering in the Monasteries.) There were prayer flags everywhere. Just beyond the Dolma La, there was a pond called Gauri Kund. It was very beautiful in turquoise color. The legend is that Lord Shiva and Goddess Parvati (Gauri) bath in the Gauri Kund. The descent from Dolma La was very steep. We descended about 2,500' in about 3.7 miles. We stayed at a place called Zutulphuk (16,000). Next day we reached back to Darchen concluding the Kailash parikrama.

On our return journey, we stopped at Xigaze and visited Panchen Lama's Monastery. Then we flew back from Lhasa to Kathmandu. At Kathmandu, we visited Doleshwar temple, Jal-Narayan temple, Guhyeswari Shaktipeeth and Swayambhunath Monastery. At the end, we visited Pashupatinath Temple, a ritualistic way to conclude the Manasarovar-Kailash Yatra.



# Strengthen Your Core: Manipura Chakra

by Vishali Gupta:



Image 1: Agni Sar Kriya

Mani means gem and pura means city. Chakra means the energy center. Therefore Manipura is the city of gems. In other words, the solar plexus is the sun center of the body. It is located directly behind the navel. This contains many precious gems such as courage, confidence, and ability to make right decisions.

This is the place from where you project your power and charisma into the world.

The color of this chakra is bright Yellow.

Mantra associated with this chakra is RAM

Corresponding element is Fire symbolizing change or transformation.

This chakra regulates the function of the pancreas and digestive organs.

When this chakra is balanced, one feels empowered, digestion is strong, and body is full of vitality.

When this chakra has deficiency, there can be digestion issues such as gas, IBS, ulcers, food allergies etc. also there will be signs of depression, low motivation, and poor self-esteem.

When this chakra is over active, there can be signs of hostility and aggression.

## Awaken The Manipura Chakra

Yoga gives us many ways to strengthen this chakra through mudra, dharana, pranayama, and asana.

Let's discuss these Yogic techniques.

### Mudra

Matangi mudra brings strength to the heart, gallbladder, and spleen and stomach area. Interlace hands with middle fingers pointing to the sky. Hold them in front of

your heart. Meditate for as long as you feel comfortable.

### Ram Meditation

This is the Bija mantra of this chakra. Chanting for at least 20 minutes activates this chakra.

RAM RAM RAM RAM RAM RAM  
RAM RAM RAM RAM RAM RAM RAM  
RAM RAM RAM RAM RAM

### Agni Sar Kriya

It is a cleansing technique. AGNI means fire and SAR means essence. This stimulates the digestive fire. This boosts metabolism and ensures proper functioning of abdominal organs. (Image 1)

To perform this Kriya, come into kneeling position with knees apart. With an exhalation, pull the navel to spine and up to the heart region. Perform Jalandhara Bandha with it. Make sure you are empty stomach and perform with the guidance of a Yoga teacher. Image 1

### Asanas

The following asanas will help awaken the Manipura chakra.

#### 1. Rest and Engage

Lie on your back in a constrictive rest position with block in between thighs as shown in image 2 except with head and neck relaxed and hands at your side with palms up. This will awaken the inner thighs, hip flexors, and core muscles. With every inhale pelvic floor and abdominals dilate, with every exhale they strengthen and tone.

#### 2. Crunch

Keep everything same as in Rest and Engage. Support your neck with interlaced hands behind the head. Exhale fully, curl up the upper body. Maintain the natural curves of the spine. Tailbone towards the heels. Stay for three breaths. This exercise engages two abdominal muscles- transverse and rectus abdominals. Image 2

#### 3. Crunch with obliques

This involves asana as given in 2 along with engaging the oblique muscles. Support your head with left hand and take right hand towards left knee coming into a twist. Keep both sides of the waist long. Stay for three breaths.

#### 4. Bridge with variation

Come into bridge pose with a block hugging in between thighs. Engage your core and lift right leg straight to the front at hip height. Keep navel towards the spine. Avoid clenching the gluteus or the jaw. Breathe and stay for few breaths. Image 3



Image 2 - Crunch



Image 3 - Bridge with variation

#### 5. Paripurna Navasana

This is an intermediate level pose. From half boat, engage core, lower towards the floor. Keep belly button to spine. Shoulders off the mat and feet off the mat. This will cause a burning sensation in the belly reminding you of Manipura Chakra. Image 4

Vishali is a certified Yoga teacher who lives in Solon with her family. Yoga is her passion. She learned Yoga while growing up in India and also completed a 200 level teacher training at Chagrin Yoga. She teaches group classes in Chagrin Yoga

and Solon Recreation Center. She offers an inspiring and powerful combination of asana, breath, meditation, and chanting that leaves students uplifted and empowered. Vishali specializes in Yoga and meditation techniques to promote overall wellness strengthen the core muscles to bring agility and alleviate back pain. She also helps private clients and also does instruction for individuals training to be Yoga teachers at licensed Yoga Schools. She can be reached at [guptava@sbcglobal.net](mailto:guptava@sbcglobal.net)



Image 4 - Paripurna Navasana



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# Healing with Henna (Mehendi)!

Nivi Henna Artist and the Timeless Art of Henna

The art of Henna (Mehendi, a temporary tattoo) has been practiced for over 5000 years in different parts of the world including India in both cosmetic and healing capacity. This includes:

- As a healing plant to Color , Condition and Cool the Skin
- As a hair dye to color the hair as well as provide a cooling effect
- As an art form to draw temporary art for various fun occasions

The richly beautiful art of henna knows no boundaries in culture, ethnicity, gender and religious beliefs. In its many forms, henna decorating is truly a gift of beauty, touch and trust. The plant grows in dry hot weather conditions and hence have been natural and home to India, Africa and the Middle East.

Nivi Henna Artist is one of our local artist who promotes this art form. Nivi does free hand Henna body work not only on Hands, legs, but also Pregnant Belly and even Crowns. Henna Crown is an adornment for people undergoing chemo therapy as well as provide some cooling and healing touch. Henna Crowns can be inspiring and also to get away from the pain of hair loss. It can also help bring beauty in Patients when going through difficult times. Henna Crown being a natural adornment makes it more feminine and beautiful. It's



Nivi says, "I have always loved different art forms. Henna art is my way to express my joy. I want to take this art to everyone so that they too can enjoy the calmness & appreciation of the nature it has brought to me!"

becoming as popular as hats, scarves, and wigs that many use.

Nivi says, "doing Henna art is a joyful experience. It has always been special for me. Its natural beauty & when I work on someone I am leaving with something beautiful and also a part of me with my art & work. I call it a therapeutic exchange, which can be a healing experience."

Nivi volunteers her time at M of Hope on

last Monday of every month. M of Hope does an event where people undergoing chemotherapy, survivors and supporters can walk in to the store and get some complimentary services. These includes services from Reiki healing and a soothing massage to Haircut, makeup and some Henna.

More details on this event can be found

on Facebook @MofHope

As September is Children's cancer awareness month, Nivi is also donating her hair to Wigs for Kids, for the hair to be used for wigs for children undergoing chemo. She is also donating a part of her proceeds for this month to Cancer related charities.

While artists like Nivi prefer to make their own paste with essential oils and stay

Organic, she also warns of chemicals such as PPD (Para-Phenylenediamine) that are used in some of the mass produced henna available commercially and there is also so called 'Black Henna' named so for producing deep black color after washing. These chemicals are used to get quick results but can cause allergic reactions. She recommends using Organic Henna and do your due diligence before buying any store made product.

Recently Nivi has introduced a new material to her repertoire to replace synthetic chemicals in Henna to create the same deep color effect with an extract of a berry fruit common thought South America and Panama called Jagua. It colors the skin from Blue to dark blue to deep black.

Nivi does henna for Birthday Parties, Proms, Baby Showers or any other fun events as well as takes individual appointments for more intricate body art.

Some of her work can be found on her Facebook page and she is well reviewed on Yelp. FB: <https://www.facebook.com/NivihennaEuphoria>

Nivi is a Westlake, Ohio based owner of Nivi Henna Euphoria and can be contacted at [nivihenna@gmail.com](mailto:nivihenna@gmail.com)

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# Telling Tales With Gandhi In Indian Cultural Garden

By Ramesh "Ray" Gehani

On a recent beautiful August Sunday afternoon, for the first time, the International Cultural Garden Association of Cleveland invited neighborhood school children, their parents, and other adults to a close contact with the cultures of four international cultural gardens from Lebanon, India, Finland, and Estonia, on the Martin Luther King Boulevard. This event was a preamble to a much bigger One World Day coming up later on August 28, 2016 when India will also celebrate its 70th Independence Day.

The India Cultural Garden team, including Asim Datta, Sujata Lakhe, William Barnard IV, and myself, decided to tell the tales of Gandhi under the statue of Mahatma Gandhi. About 30 children and adults came to the Indian Cultural Garden after enthusiastically line-dancing at the neighboring Lebanese Cultural Garden. I shared with them three tales about Gandhiji that have stuck with me since my childhood years in Rajkot (where Gandhi grew up) and Porbander (where Gandhi was born).

## Namaste To The Soul-Force Within

We greeted the visitors with Namaste and explained how Gandhiji leveraged the power of soul-force that resides within each one of us. Gandhi, a deeply religious man, founded his Ahimsa (non-violence) based Satya-graha (Truthful Persuasion) human revolution on the bedrock of millions of Indian people's soul-force. No weapons, no money – just the persuasive power of persecuted people unleashed to appeal and rattle the soul-force of the persecutors. How many of us are connected with this enormous reservoir of strength lying dormant within us?

To release this soul-force, Gandhiji re-united the scattered fragments of Indian society that were split apart by their petty internal squabbles fueled by a conniving 'divide-and-rule' policy of the colonial rulers. He rekindled the souls of masses of impoverished and struggling India farmers and untouchables by empathizing with their sorrows and sufferings. The chasms of their differences were filled by persuading the Hindus of upper castes to embrace the lower caste untouchables (lovingly renamed Harijans, or God's people). The Muslims and Hindus were asked to invite one another to their temples and mosques, and share meals in their homes. Gandhiji leveraged the common core belief and power of Namaste in the souls of diverse Indians.

## Persuasion With Conviction

Gandhiji never asked anyone else to do anything unless he himself was willing to do it first. He was not a great orator – like other dictatorial tyrants such as Hitler, Stalin, Mussolini, or even Churchill. He often spoke in a soft halting tone. But millions hung on to each word he spoke because Gandhiji was committed to tell the truth, and nothing but the raw and naked truth. To him the pursuit of Truth was same as praying God.

To illustrate Gandhiji's unadulterated commitment to truth, I shared the story of Gandhiji that has moved and stayed with me for many decades. Once again back in August, during the heavy rainy season of Indian monsoon, Gandhiji was based at the Sabarmati Ashram on the outskirts of Ahmedabad. One day an elderly grandmother brought along her 10 year old grandson to speak to Gandhiji after walking 12 miles in the heavy rains. The grandma told Gandhiji, "My grandson Ramu eats only sweets (mithai) all the time. So much so that Ramu has gained a lot of weight, and gets sick (perhaps becoming diabetic). We have tried everything, but he does not stop, and may kill himself. Bapuji, please tell him to stop eating sweets."

Gandhiji listened to the grandma very

least two weeks before I would be able to stop craving for eating sweets. How could I ask Ramu to stop eating sweets before I stopped that myself?" That was Gandhiji's power of persuasion.

## Dandi Salt-Protest March

More than 15 years after his return from South Africa in late 1914, Gandhiji decided to intensify his Satya-graha movement in India in March 1930, by putting himself at the forefront. Gandhiji dramatically announced to the colonial English rulers that he was going to break their unjust salt laws, by which they monopolized the making, selling, and distributing of highly priced and heavily taxed salt. Millions of Indians were so impoverished that they could barely afford to eat only one daily

when it was somewhat cooler. Hundreds and thousands of other Indians, young and old, high-caste and low-caste, Hindu and Muslim, joined his protest each day. When Gandhiji reached Dandi 24 days and 240 miles later on April 5th, he had 9,000 more volunteers willing to join him in protesting the unjust salt laws. On the final day, they woke up with the sunrise, took bath, and prayed together while English officers glared at them. And then Gandhiji and his 9 Satyagrahis picked salt from the ground, thereby symbolizing the breaking of the salt-making law. The English officers and cops hit the protesters with metal tipped wooden lathi sticks and batons. They fell to the ground with bodies, faces, and heads bleeding. A team of volunteers carried their 10 bleeding bodies away. Then another line of 10 volunteers took their place. The brutal cops mowed them down too, and they were carried away. Then 10 more lined up. This continued all day long, until the cops were so exhausted that they could hit the protesters no more. But more and more Satya-grahi protesters kept coming.

A few newspaper reporters spread the news to other parts of India, and the rest of the world. Their sensational stories appeared on the front pages of their papers all over the world. That April day, Gandhiji awakened the subdued soul-force in a majority of 300 million Indians crying out against their oppressing 30,000 English officers and their armed 170,000 police force. Within a week, hundreds of thousands of more Indians broke the unjust English salt laws all along the West Coast and the East Coast of India. On May 5, Gandhi and many of his Satya-grahi protesters were arrested. Thousands of other protesters, willing to serve their sentences, also filled the jails. The English colonists recognized that Gandhi's own soul-force, and his ability to unite the soul-force of millions of Indians, will be something to reckon with.

I urged the children and adults visiting us, to recognize the potential of their soul-force within them. They heard the tales of Gandhi with great reverence. Many teenagers shared that they were intrigued by these tales, and were going to study more about Gandhi on their own. In the meantime, the fidgety very young children were entertained by Sujata Lakhe, who taught them Bollywood dancing, and how to shake their bellies and move their hands and feet. After we took group photographs under the statue of Mahatma Gandhi, the visitors were still quite reluctant to move to the next international cultural garden. Overall, it was a highly memorable day for all of us – united by the soul-bond of Namaste.

Dr. Ramesh Ray Gehani is a professor of *business management*, a *past member of the Executive Committee*, and an *elected Trustee on the board of FICA – Cleveland*. The views in this essay are his personal opinions, and he can be contacted at [rgehani@uakron.edu](mailto:rgehani@uakron.edu).



Participants in Children's Fair pose in front of the Gandhi Statue in the India Garden. The fair was presented by the Cleveland Cultural Gardens Federation on August 7th.

attentively. Then he looked at Ramu smilingly for some time, but did not say a word to him. Finally he told the grandmother to come back two weeks later. The grandma was somewhat surprised, but she had no choice but to walk back the long distance in the heavy rains.

Two weeks later, as promised, the grandmother brought back Ramu after walking 12 miles in the heavy rains. Gandhiji looked at Ramu in the eyes and said, "Ramu control your eating sweets." Ramu replied, "Haan ji (Yes, please)." This exchange took less than one minute. But the grandmother got very upset. She said, "Bapuji, if all you had to do was to say those 5 words, why couldn't you do that two weeks ago? Why did you make us walk again the 12 miles in this heavy rain?" Gandhiji calmly replied, "Mataji (mother), please forgive me for doing this to you. Two weeks ago, I too loved to eat sweets like Ramu, and I could not say to Ramu what I said today. I knew that it would take me at

meal of bread with salt and chili pepper. For weeks Gandhiji trained and strengthened his own soul-force and the soul-force of 9 of his most passionate and toughest associates to accompany him. They vowed not to use any violence no matter what the provocation by the colonists. Gandhi announced that they would break the oppressive English salt laws transparently in front of everyone on the sea shore of Dandi on the West Coast of India by lifting some sea water and making salt. They would cover the 240 mile (about 400 kilometers) distance between his rural Sabarmati Ashram on the outskirts of Ahmedabad and Dandi on foot, by walking 10 miles a day for 24 days in the scorching summer heat of India. Gandhiji also declared that he was willing to take whatever punishment and sentences the English colonists would impose on him.

Gandhiji, as shown in the Indian Cultural Garden statue, and his associates walked each day in the morning and evening,



# Indians in Cleveland *Continued From Page 1*

with Hoff Research and Development Labs. Inc., East Cleveland, was the first Indian and non-US citizen given top Security Clearance to study classified materials and develop special publications for the Department of Defense. As an Associate Analyst and Co-author prepared several publications for the US Office of Civil Defense focusing on strengthening USA against nuclear attack.

· The India Association of Cleveland was formed in 1964 with Mr. Sharma as its first President. Mayors Ralph Locher and Carl Stokes were present at various celebrations.

· Mr. Shiv Aggarwal founded the Collinwood Youth Association in 1965 to assist young adults to take up constructive activities rather than crime and violence. Later, the name was changed to Collinwood Community Services Center to accommodate the needs of seniors. It became the largest neighborhood based multi-service center in Cleveland.

· Dr. Saroj Aggarwal, who was married to Shiv Aggarwal was the first Asian Indian female Eye Surgeon in Ohio.

· Paramjit Singh was the first turbaned Sikh to walk in a graduation procession after he earned his MBA from Western Reserve University now Case Western Reserve in 1965 (Cleveland, History in Motion authored by John and Diane Grabowski of Western Reserve Historical Society)

· After protesting the first two Indians and an Egyptian were permitted to appear for the Ohio State Board of Professional Engineers Exam in 1965 and they secured the top three positions.

· On May 15, 1965 Cleveland Sikhs held the first Sikh Diwan, a religious congregation to educate Clevelanders about Sikhism and its philosophy at the Church of the Covenant and the local press publicized it.

· Lotus, the Indian community newspaper was first published in 1967. The prime movers were Dr. Raju Chidambaram, Greg Travassos, P.K. Saha to name a few and Pamela Rebello was the Editor.

· The first Indian woman of the Sikh faith was cremated in 1968 and there was only one place for cremation in the Flats.

· Maharani opened in 1968 selling Indian handicrafts, jewelry and clothing on Coventry Road, Cleveland Heights (known as the Haight-Ashbury of Cleveland).

· The first Indian grocery store was opened in the Greenlight shopping Mall in the late sixties or early seventies.

## 1970's

· Taj Mahal, the first Indian restaurant opened in Lyndhurst in 1974.

· As the Indian community grew in the early '70s, the idea of having an India House was born, which culminated in the purchase of the India Community Center in 1978 and Cleveland became the first major city in the United States to have an India Community Center. In 2003 it received The Ohio Historical Marker.

· Jasjeet Singh Sood a turbaned Sikh attained the Eagle Scout rank in 1974. Jasjeet Singh Sood was also the first

Indian who graduated Valedictorian from Normandy High School in 1976.

· The Bengali Cultural Society (BCS) of Cleveland celebrated its first Durga Puja in 1978. The Bengali Cultural Society was formed to promote social and cultural aspects of the State of Bengal

· The Gujarati Samaj was formed in 1979

· North East Ohio Marathi Mandal (NEOMM) is a non-profit, non-political organization primarily engaged in promoting social and cultural aspects of the State of Maharashtra, of the Country of India, and particularly the Marathi language.

· Inauguration of Thyagaraj Festival at Cleveland State University

## 1980's

· India Cultural Sunday School in Akron was started in 1980 by Dr. Purushottam D. Gujrati & Dr. Sneh Raj both from Akron. This is a fully volunteer run cultural school.

· In 1981 the Federation of India Community Associations (FICA) was formed to link with The National Federation of Indian-American Associations (NFIA) and serve as the umbrella for the entire sister organizations that had been formed by then.

· In 1983 The Asian-Indian Physicians of Northern Ohio (AIPNO) was formed as the number of Indian physicians increased in the area. Since 1992, at their annual fund raising event called the "Chirag" (Lamp), they have donated \$10,000 to non-profit organizations, which reads as follows: The Free Clinic, Cleveland Sight Center, Templum House, Project Act, Providence House, Boys Hope, Help Foundation, Inc., Cleveland Sight Center, Center for Prevention of Domestic Violence, The City Mission, Make-A-Wish Foundation, Partnership For A Safer Cleveland, Cystic Fibrosis Foundation-Rainbow Chapter, The Leukemia & Lymphoma Society, ALS Association-Northern Ohio Chapter. AIPNO also holds annual health fair for seniors at the Shiva Vishnu and Swaminarayan temples. AIPNO has supported in the past the medical surgical camps in India, Maharashtra Foundation, a Burn Clinic in India, 9-11 Relief, Gujarat Earthquake relief, Tsunami and Hurricane Katrina relief (through Red Cross), Orissa Cyclone relief, India Cultural Garden Project. AIPNO also supports Project SEVA every year with \$5,000 in matching funds.

· Dr. Elizabeth Balraj the first Indian woman to become the Cuyahoga County Coroner in 1987.

· In 1988 Cleveland hosted its first National Convention in collaboration with the NFIA, we had Asian Indians come from 35 states and Ustad Ali Akbar Khan performed in Severance Hall, a first for Severance Hall. At this Convention the Global Organization of People of Indian Origin (GOPIO) was formed. This was also the year that initiated the Indian community's in politics and participation in the Presidential election.

· Thanksgiving of 1988, Project SEVA was born and served 400 Thanksgiving

Dinner at the Morning Star Baptist Church near East 105th Street. This was arranged by State Senator Michael White.

· The concept and experience of Project SEVA was presented to the National Federation of Indian-American Association (NFIA) board and it was adopted by NFIA to be promoted nationally. It is estimated that nationally on Thanksgiving week we serve about 125,000 meals and also distribute blankets to the homeless. Presently we serve about 6,000 meals every month at St. Colman Catholic Church, Morningstar Baptist Church and Hopewell Baptist Missionary Church and the India Community Center. Project SEVA also has a program called, "Indian-Americans for the American-Indians", providing them with healthcare education, diabetes testing and a pantry program. The Indian community raised over \$300,000 for families of those who were victims of September 11, 2001. We have raised funds for Tsunami and Katrina. Currently Project SEVA serves 125,000 pounds of food and distributes about 1,500 blankets to the homeless and needy. Around Christmas Project SEVA volunteers take pictures of kids with Mr. & Mrs. Santa Claus; print them right away, so the kids can take them home.

· The Association of Asian Indian Women of Ohio (AAIWO) is an all-volunteer organization that aspires to support, educate, and empower Asian Indian women in Northeast Ohio. AAIWO promotes culture and education while establishing networks for women and fostering leadership skills. It recognizes women's contributions to society with a specific focus on Asian Indian Women, with the goal of highlighting our contributions within the greater community. AAIWO was incorporated as a non-profit organization in 1989 in Ohio. Its founding board members were Usha Ahuja, Nilli Sawhney, Nirmala Shekar, Veena Bhupali,

Rita Singh, Susan Karimpil, Uma Ganesan, Manju Rastogi, Vandana Marwaha, Mona Alag, and Nisha Jain.

Greater Cleveland Shiva Vishnu Temple  
www.shivavishnutemple.org

· The Asian-Indian Americans for Better Government (AIABG) as a non-partisan body and holds events to provide our community with political education and raise funds for candidates. The Indian community raised over \$250,000 for Mayor Voinovich's race to become the Governor of Ohio.

· Mayor Voinovich creates Asian Advisory Council.

· Governor George Voinovich appoints first Asian Indian Dr. Peter Somani as Director, Department of Health 1991.

· Governor George Voinovich designates Asians-Indians as Minority Contractors.

· Mayor Perk appoints Mr. (Balu) Balasubramanian as specialist in the department of Human Resources and Economic Development. Where the division of Cleveland World Trade Center, designate Sister City relationship with Bangalore, India in 1976.

· Nirmal Sinha is the first Indian appointed to the Ohio Civil Rights Commission. Nirmal K. Sinha (Columbus) has been a dedicated advocate for the Asian Indian community and for the equality of all Ohioans. He was invaluable in alleviating the fears and improving relations during that time of uncertainty and unrest among the Muslim and Sikh communities following the attacks of September 11, 2001. In order to promote trade and Ohio's international relations, Sinha regularly hosts business leaders and diplomatic delegates visiting from various countries like South Africa and China. As Commissioner on the Ohio

Continued on Page 10

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**Continued From Page 9**

Civil Rights Commission for 15 years, Sinha developed programs to welcome new immigrants to the United States and created outreach programs for various ethnic groups, including the Asian and Hispanic Communities. Senator George Voinovich acknowledges Nirmal Sinha as a 2003 Ellis Island Medal of Honor winner. He is an outstanding American whose dedicated service to others helps improve the quality of life for his fellow Americans every day.

· Senator George Voinovich wrote, Mr. President, I rise today to congratulate and pay tribute to Mr. Monte Ahuja of Hunting Valley, OH as an Ellis Island Medal of Honor recipient.

· The Indian community starts the India Chair program at the Cleveland State University and later is nominated to be the Chairman of its Board of Trustees. Monte Ahuja donates a total of 12 million dollars to Cleveland State University and they honored him by naming the School of Business as Monte Ahuja School of Business.

**2000's**

· India International another newspaper serving the Indian community starts publishing in December 2001.

· Subodh Chandra, Esq. is the first Indian-American appointed as the Law Director for the City of Cleveland in 2002

· The Sikh Gurudwara (temple) in

Richfield, Ohio is bestowed The Ohio Historical Marker in 2003.

· The India Community Center is also bestowed The Ohio Historical Marker in 2003.

· The American Society of Engineers of Indian Origin holds its first national convention in 2003.

· FICA has the groundbreaking ceremony of the India Cultural Gardens with Mayor Jane Campbell and Congressman Dennis Kucinich in 2004. Soil from India is added to the American Legion Peace Garden crypt, where soil from all the nations represented in the Cultural Gardens can be found.

· Installation of Mahatma Gandhi's statue in the India Cultural Garden on October 1, 2006. It is the first Gandhi statue in Ohio. The second phase of the Garden was completed by October 2, 2007, which is Mahatma Gandhi's birthday. This is the premier location in the world that has the tallest Gandhi statue on a Martin Luther Kind Jr. Drive.

· Ratanjit S. Sondhe "King of the Road" started POLY-CARB now a wholly owned subsidiary of Dow Chemical Company, was/ is the leader in developing and delivering innovative infrastructure preservation and road safety solutions that offer unparalleled performance, quality, safety and service. Now, he is a Speaker, Author, Consultant, Entrepreneur, Radio & TV Personality, and has become Renowned Internationally as "Mr. Stress-Free!". A man with a gift of creativity. He is also the first Asian Indian

Sikh to be on the Board of The Cleveland Foundation.

· Meet Neel Kashkari: The Man With the \$700 Billion Wallet (Also a man from Stow Ohio): As The Wall Street Journal's Deborah Solomon reported October 6, 2008, Treasury Secretary Hank Paulson is promoting Neel Kashkari, the Treasury's assistant secretary for international affairs, to be the point man overseeing the \$700 billion financial bailout as the interim head of Paulson's Office of Financial Stability. He is now the CEO and President of the Federal Reserve Bank of Minneapolis, MN. Neel Tushar Kashkari is an American banker and politician who is President of the Federal Reserve Bank of Minneapolis. As interim Assistant Secretary of the Treasury for Financial Stability from October 2008 to May 2009, he oversaw the Troubled Asset Relief Program that was a major component of the U.S. government's response to the financial crisis of 2007-08. A Republican, he ran for Governor of California in the 2014 election, but failed to unseat incumbent Jerry Brown.

· Monte and Usha Ahuja donated \$30 million to University Hospital. It is the highest donation made in Northeast Ohio. It is also the highest donation made by an Indian American in the whole country. University Hospitals Ahuja Medical Center, which opened in 2011, is a state-of-the-art community hospital focused on patient and family-centered care and the tenets of evidence-based design. It is named in honor of University Hospitals Board Chairman Monte Ahuja, his wife Usha and their family who donated \$30 million towards Vision 2010: The UH Difference."University Hospitals Ahuja Medical Center." University Hospitals. Situated on 53 acres in Beachwood, Ohio, the University Hospitals Ahuja Medical Center will serve more than 540,000 residents in the Cleveland area.

· Zahid and Zarina Siddiqui established a public charity Salaam Cleveland some 10 years back and it caters to mostly refugee resettlement efforts and also the members have been feeding couple of shelters, once a month, Laura's Home and McDonald's House. Salaam Cleveland has hosted lectures on domestic violence, healthy living and arranged various Health Fairs for the under-served community. Visit [www.salaamcleveland.com](http://www.salaamcleveland.com) for details. Salaam Cleveland was established in 2002 with the mission of promoting interfaith harmony through small acts of Charity. We have currently grown to over 50 volunteers who are optimistic and dedicated women of American, Canadian, Indian, Iranian, Pakistani and Syrian Descent. They achieved 501 (c) (3) non-profit status in 2009.

Salaam Cleveland takes its name from the Arabic word for peace (Salaam) and encourages harmony between different faiths and ethnicities. We believe simple acts of kindness can make people more loving, compassionate and tolerant.

They also, with the community's help, purchased a building at 9400 Detroit Ave which houses the MRI (Masjid Rasoul-Allah Islamic) Society which also serves as a mosque/community center not only for the refugees but also immigrants of many nationalities living in that area. This building was purchased in 2005 and also serves as a school as well as a tutoring center for the refugee children.

**2010's**

· Anand and Neeraj Julka donate \$6 million to set-up a scholarship fund at the Cleveland State University and CSU dedicated a brand new building housing their college and School of Nursing, calling it Julka Hall in 2010.

· Jay Goyal a Democrat is the first Indian-American elected as the State Representative in Ohio in November 2006. Representing the 73rd District, served as the Majority Whip in the 128th Ohio General Assembly. Rep. Goyal proudly serves his hometown of Mansfield and other areas of Richland County in the Ohio House of Representatives. [www.house.state.oh.us/index.php](http://www.house.state.oh.us/index.php)

· Baiju Shah leads a BioEnterprise team helps build Northeast Ohio's biomedical industry reports Tom Breckenridge of the Plain Dealer, June 6, 2009. A man variously described as "a walking Rolodex," "smart as hell" and a "master facilitator" heads BioEnterprise. The nonprofit, headquartered in University Circle, is charged with boosting growth in the region's health care economy. So far, BioEnterprise claims a hand in the growth of 89 biomedical companies throughout Northeast Ohio. They've drawn \$859 million in capital and generated 1,900 jobs.

· Anamika Veeramani wins the National Spelling Bee Contest becoming the 2010 National Spelling Bee Champion

· The City Club of Cleveland, the citadel of free speech invites Dr. I.J. Singh, Professor and Coordinator, Anatomical Sciences, New York University; Jasjit Singh, Associate Executive Director, Sikh American Legal Defense & Education Fund (SALDEF) and Paramjit Singh, City Club Special Program member to present American Sikh: Towards a More Perfect Union. Cleveland International Hall of Fame inducts Paramjit Singh into its 2010 Inaugural Class.

· FICA Trustee Paramjit Singh forms a coalition to make Cleveland the City of Peace and Non-Violence in October 2010 and created a Cyber Wall of Non-Violence sponsored by ClevelandPeople.com. Cleveland is the only city in the world that has a Gandhi statue on a Martin Luther King Drive in the Cleveland Peace Cultural Garden. Please visit [www.clevelandpeople.com/other/pledge.htm](http://www.clevelandpeople.com/other/pledge.htm) and sign the pledge.

· The World Congress of Religion's Peace Next designates Cleveland as the 73rd Peace City in the world.

· FICA invited by Mayor Frank Jackson to celebrate Diwali 2010 in the Rotunda of City Hall of Cleveland.

Dr. Raja Shekar conquers Mount Kilimanjaro.


· Radhika Reddy, founder and partner of Ariel Ventures buys a building on East 40th Street with a great view of Lake Erie to house the Ariel International Center to welcome new immigrants to Cleveland. Ariel Ventures will operate it as an incubator for entrepreneurs.

· Rajiv Joseph from Cleveland writes a Pulitzer Prize finalist Drama "Bengal Tiger on the way to Baghdad Zoo" starring Robin Williams hits Broadway.

**Continued on Page 11**

## Performing Arts Series

[cma.org/performingarts](http://cma.org/performingarts)



**VIJAY IYER**  
with International Contemporary Ensemble

Wednesday, October 19, 7:30  
*Radhe Radhe: Rites of Holi*, a new work  
for chamber ensemble and film




Photo by Lena Adasheva

**Continued From Page 10**

· Paramjit Singh is selected to be a member of FBI's Citizens Academy in 2011

· Mr. Vinod (Vinny) Gupta of Wadsworth Ohio is appointed to the Ohio Board of Regents in 2011. Chairman Ohio Board of Regents November 2012---Present The Ohio Board of Regents is the state agency that coordinates higher education in Ohio. The agency is directed by its Chancellor, who is a member of the Governor of Ohio's cabinet. The Chancellor, with the advice of the nine-member Board of Regents, provides policy guidance to the Governor and the Ohio General Assembly, advocates for the University System of Ohio and carries out state higher education policy Advisory Body to the Chancellor, legislature and governor on Higher education In Ohio.

Cleveland International Hall of Fame inducts Late Vijaya Emani into its 2011 Class. Vijaya Lakshmi Emani was an Indian American social activist known for her work against domestic violence, and was a civic leader among the Indian American community in Cleveland, Ohio. Starting with Northeast Ohio Telugu Association, followed by the Federation of Indian Community Associations and with Greater Cleveland Asian Community, she was the president of the Federation of India Community and a board member of the Federation of India Community Associations. She was posthumously awarded the Presidential Citizens Medal, the second-highest United States civilian award, in 2011. U.S. President Barack Obama has honored Indian-American activist Vijaya Lakshmi Emani posthumously with the Presidential Citizens Medal for her courage in overcoming and speaking out against domestic abuse in the Indian-American community, according to an IANS report

from Washington.

“Breaking long-held taboos, Vijaya Emani lent her voice to protect Indian-American women from domestic violence,” Mr. Obama said while presenting the nation's second-highest civilian honour to Emani's daughters -- Sujata and Nirmala -- in the East Room of the White House. “She was a trailblazer who shared her personal story to help other battered women overcome abusive relationships,” Mr. Obama said of Emani, who was killed on January 15, 2009 at the age of 51 when she was hit by a truck in Ohio.

· Cleveland International Hall of Fame inducts Dr. Jaya Shah into its 2012 Class.

The Asian Indian Heritage Project was formed on March 1, 2012, partnering with the Western Reserve Historical Society (WRHS) and South Asian American Digital Archives (SAADA) <https://www.saada.org/> to preserve the cultural legacy of Asian Indians in Northeast Ohio. <http://www.wrhs.org/research/library/significant-collections/asian-indian/>

· August 6, 2012, Finally, Michael Sreshta was the first REAL Cleveland Indian to throw the ceremonial first pitch for the Cleveland Vs Minnesota game. Please note the electronic sign recognizing (FICA) Federation of India Community Associations in the photo on the right.

· Cleveland International Hall of Fame inducts Ratanjit Singh Sondhe into its 2013 Class.

· Cleveland International Hall of Fame inducts Monte Ahuja into its 2014 Class.

· The Indian Orthodox Church bought a church in Macedonia in 2014. This is the first time an Indian Christian group

buying their own church in Ohio under the leadership of Fr. James Cheriyan.

· Cleveland International Hall of Fame inducts Shiv Aggarwal into its 2015 Class

· Citizens Academy, member of Breakthrough Schools renames its founding charter school and campus at 10118 Hampden Road, Cleveland to Mahatma Gandhi Campus, October 2, 2015. It is located about a mile from the India Cultural Garden. Thanks to the major financial support provided by the Bafna family under the leadership of Suresh Bafna who is a Board member of Citizens Academy and several other members of the Indian community. This Campus was opened in 1999 and is currently one of the highest-rated elementary schools in the state of Ohio. Named a Blue Ribbon School by the US Department of Education in 2011, Citizens Academy is a proud leader in high-quality public school education.

We are so excited to announce the dedication of our school as “a school dedicated to peace and nonviolence.” Welcome to Citizens Academy, Mahatma Gandhi Campus.

Project SEVA participates in Philanthropia every year since 2007 to raise funds.

· Cleveland International Hall of Fame inducts Dr. Mohan Bafna into its 2016 Class.

Sunita Lyn “Sun” Williams is an American astronaut and United States Navy officer of Indian-Slovenian descent. Sunita Williams who was born in Euclid, Ohio was honored by the Slovak Community of Cleveland.. She holds the records for total spacewalks by a woman and most spacewalk time for a woman. Williams

was assigned to the International Space Station as a member of Expedition 14 and Expedition 15. In 2012, she served as a flight engineer on Expedition 32 and then commander of Expedition 33

As a result of 9/11the Sikh community in this country experienced more than 300 incidents resulting from mistaken identity. Because of their turban the Americans connected them to Osama Bin Laden. The most prominent being Balbir Singh Sodhi of Arizona being shot to death. More than a decade later Paramjit Singh heard being called Osama bin Laden by students from the Cleveland Schools, while participating in St. Patrick Day's parade. This prompted Paramjit to meet with the following to impress and request the need of multi-cultural education citing that California schools now incorporate multi-cultural education.

· Ms. Monyka Price, Chief of Education, Office of the Cleveland Mayor

· Dr. Michelle Pierre-Farid, Chief Academic Officer, Cleveland Metro Schools

· Ms. Sasheen Phillips, Senior Exec. Dir., Center for Curriculum, Ohio Dept. of Education

· Ms. Melissa Thompson, Director of Education reform, Ohio Dept. of Education

· Ms. Jennifer Hogue, State Legislative Liaison, Ohio Dept. of Education.

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**HARMONY**



If you enjoy this FREE Newspaper, and feel that you get great value from it, please consider making a donation to help us continue to offer this service. The Lotus is presently supported by FICA of NEO, advertisements and donor support. Any donation amount is greatly appreciated.

The monthly newspaper is first Asian community Newspaper in USA and the only nonprofit Indian Community newspaper in Cleveland, Ohio, started by CWRU students in 1967. The newspaper is printed in Sandusky and mailed to over 2000 households and businesses. we distribute stacks to libraries, grocery stores, museums and other cultural institution which show interest in South Asian Indian ethnic cultural. Our staff and writers are all unpaid voluntary contributors. The Lotus is a monthly newspaper that reports on the Indian Community and its activities.

Please send donations to FICA/Lotus at:

**FICA of NEO**  
**PO Box# 39474**  
**Solon, Ohio 44139**

Don't forget to include your name, address and contact info for our records and so we can thank you for your donation.



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ASSOCIATION OF INDIAN PHYSICIANS OF NORTHERN OHIO  
 INVITES YOU TO ATTEND THE 33RD ANNUAL DINNER &  
 4TH RESEARCH SHOWCASE  
 OCTOBER 22, 2016  
 CLEVELAND CONVENTION CENTER  
 GLOBAL CENTER FOR HEALTH INNOVATION, 300 LAKESIDE AVE, CLEVELAND, OH 44114

**Chief Guest:** Campy Russell, Cavaliers Director of Alumni Relations  
 & Fox Sports Analyst for "Cavaliers Live" Pre & Post Game Show

**Key Note Speaker:** Harry Boomer, Anchor/Reporter Channel 19 news

**Research Showcase Co-Chairs:** Dr. Beejadi Mukunda & Dr. Mona Gupta

RESEARCH SHOWCASE 4:30 PM  
 COCKTAILS 5:30 PM  
 PROGRAM & ENTERTAINMENT 7:00 PM

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